

THE QUICKEST GUIDE TO



BREAKFAST, DINNER & SUPPER.

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by Aunt Gertrude

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THE
QUICKEST GUIDE
TO
BREAKFAST
DINNER
BY
AUNT GERTRUDE
AND SUPPER

London
T. FISHER UNWIN, 26 PATERNOSTER SQUARE

UNWIN BROTHERS,
PRINTERS
LONDON AND CHILWORTH.



PREFACE.



THE object of this book is to enable those ordering meals to see at a glance the various dishes, and modes of dressing them, without being encumbered with the fuller directions (only necessary for the cook), which, with a few exceptions, are to be found in Mrs. Beeton's "Book of Household Management."

It contains lists of things suitable for Breakfast, Dinner, and Supper, with a short indication of how to cook and serve them—Soup, Fish, Meat, Game, Poultry, Entrées, Vegetables, Fruit, Puddings, Pastry, Sweet Dishes, &c.—and is so arranged that you may glance quickly down each column and decide upon what to order in a few minutes, instead of wasting time in searching through lengthy receipts, or trying in vain to remember the innumerable dishes there are to choose from.



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THE QUICKEST GUIDE.



HOT BREAKFAST.

(Seasoning to be understood throughout.)

TEA, COFFEE, CHOCOLATE, COCOA, MILK, BREAD AND MILK, PORRIDGE.

BUTTERED TOAST, DRY TOAST, POTATO CAKES, HOT CAKES OF ANY KIND, HOT ROLLS.

FISH, pp. 18 to 25 May be boiled, broiled, fried, baked, filleted, rolled, kippered, curried, crimped, scalloped, or in outlets, balls, cakes, pie, or kedgerree.

COD'S SOUNDS ... Boil, flour, broil, and serve with melted butter and mustard.

LOBSTER, Broiled Split, lay open, butter meat, pour in melted butter, and broil in shell.

„ Scalloped ... Mince, mix with milk, anchovy, vinegar, &c., cover in crumbs. Bake.

„ Cutlets ... Pound with butter, mace, lemon juice, &c., egg and crumb, and fry.

„ Curry ... Cut up, stew with onion, curry powder, &c., and serve with rice.

CRAB... .. Pick out meat, mix with butter, vinegar, crumbs, &c., and brown in shell.

„ Omelette ... Pick, mince, mix with egg, herbs, milk, &c., add whites of egg, and fry.

SHRIMPS Pick, heat in thick white sauce, and serve with rice round.

„ Omelette ... Pick, mince, mix with egg, herbs, milk, &c., add whites of egg, and fry.

„ Pie... .. Pick, mince with anchovies, add wine, butter dish. Bake in light crust.

MUSSELS or COCKLES...Boil, shell, stew in liquor, with butter, &c., crumb and serve in scallop shells.

PERIWINKLES ... Boil, shell, mince, add stock, cream, lemon juice, and make into patties.

OYSTERS, Devilled Open, insert butter, lemon juice, &c., broil, and serve with bread and butter.

„ Roasted ... Fry small pieces of bread and bacon, cover with anchovy, cayenne and oyster.

„ Fritters ... Dip each oyster into batter, and then toss it into hot fat, and fry.

„ Scalloped ... Simmer in white sauce, serve in shells, with layers of bread crumbs.

„ Rolls ... Scoop crumbs out of French roll, fill with stewed oyster, &c., replace top, and brown.

FISH, Pudding ... Pound, mix with bread, milk, butter, whites of eggs. Steam and serve in white sauce.

EGGS Hen's. Duck's. Turkey's. Plover's. Guinea fowl's.

„ Boiled ... Hard or soft, according to taste.

„ Fried ... Serve with rashers of ham or bacon.

„ Poached ... Slip into boiling water, leave till whites set. Serve on toast.

„ Mumbled Break into pan with butter. When solidified, serve on toast.

„ Buttered ... Beat well, mix with melted butter. Serve on hot buttered toast.

„ Stuffed ... Boil, halve, mix yolks with forcemeat and replace in egg.

„ Curried ... Boil hard, slice, and warm in curry powder and gravy.

Eggs, Scotch ... Boil, peel, cover with forcemeat, fry, and serve in gravy.

„ Baked ... Break into patty-pans, with butter, parsley, cayenne, &c., and bake.

„ AND MUSHROOMS...Boil, slice, and stew with mushrooms, &c.

„ AND TOMATO... Boil, shell, heat strips of white in tomato sauce. Serve on toast, with yolks.

„ Golden ... Boil hard, shell, flour, egg and crumb, fry, and serve in white sauce.

„ en Caisse Fill buttered paper boxes with crumbs, herbs, &c., break egg in, crumbs over, and bake.

„ au Plat ... Break into buttered dish, and cook till whites set.

„ à la Tripe ... Boil, shred whites round yolks, and cover with white sauce.

„ à la Maître d'Hôtel...Boil hard, quarter, and serve in sauce. [bake.

„ Kromeskies.. Boil, shell, roll in bacon, cover with crumbs, herbs, &c., skewer and

„ AND ANCHOVY..Boil, mince, mix with boiled milk, anchovy sauce, &c. Serve on toast.

„ AND WHITE SAUCE...Boil, quarter, serve in sauce, with mushrooms, parsley, lemon juice, &c.

OMELETTE, au Thon...With roes of carp, fresh tunny, butter and herbs.

„ Ham ... Mince, fry, stir into batter, fry in hot butter, stirring one way till set. Turn edges over.

„ Kidney ... Skin, fry in dice, stir into batter, fry in hot butter till set, turn edges over, and brown. [till set.

„ Plain ... Beat eggs, mix well with butter, fry in hot butter, stirring one way

- CHICKEN Skin, split, broil. Mushroom sauce. Curled rashers. Crisped parsley.
,, Fricassee... Cut in joints, warm in gravy, with herbs. Cream and egg added.
,, Cut in joints, egg and crumb, and fry. Curled rashers. Crisped parsley.
,, Cutlets ... Egg and crumb, and fry. Serve on sippets, with sauce. [and fry
DUCK, Olives ... Cover thin slices of bacon with crumbs, herbs, &c., roll round legs, tie
TURKEY LEGS, Devilled... Score, rub in mustard and cayenne, and grill till crisp.
PARTRIDGE Split, broil, and serve with mushroom sauce.
BIRDS of any kind, dressed in various ways, see pp. 40 to 45
HARE Broil legs and shoulders.
HAM Broil, and serve with poached eggs and mashed potato.
,, AND LIVER... Thin slices in layers, with crumbs and herbs, &c., fried in paper cases.
BACON Thin slices between bread soaked in milk. Fry in batter.
,, Fry rashers, and serve with mutton kidneys toasted over them.
,, Fry rashers, and serve with fried or poached eggs, and fried potato.
MUTTON CHOPS ... Broil, and serve with mashed potato.
,, CUTLETS... Broil, and serve with potato rice.
,, ,, ... Egg and crumb, fry, and serve with potato snow. [for bone.
WINCHESTER CUTLETS... Pound meat, mix crumbs, egg, ketchup, shape and fry. Macaroni
BEEF CUTLETS ... Egg and crumb, fry, and serve with mashed potato.
RUMP STEAK ... Broil, serve with potato balls. Mushroom sauce.
BEEF, Olives ... Roll thin slices with crumbs, herbs, &c., skewer, fry, serve on toast.

- VEAL ROLLS... ... Score slices, rub with yolk of egg, roll with forcemeat, &c. Serve in gravy.
- MEAT FRITTERS Dip slices of cold meat in batter, and fry in hot fat. Crisped parsley.
- KIDNEYS, Mutton. Skin, split open, and toast over rashers of bacon.
- „ Sautés ... Skin, slice, fry in bacon fat, serve on ham rashers with gravy.
- „ Cut in slice, and stew with mushrooms and butter. Serve with sippets.
- „ Skin, but not cut, dip in boiling fat and broil. Potato rice.
- „ Beef ... Skin, slice, egg and crumb, and fry. Serve on dry toast, with gravy.
- „ Pork Skin, but not cut, dip in bacon fat and broil. Serve with mashed potato.
- „ „ ... Skin, slice, egg and crumb, and fry. Serve on dry toast with gravy.
- „ Veal Chop, add onion, &c., roll into balls with egg, egg and crumb, and fry,
- SAUSAGES... ... Fry, and serve round mashed potato.
- Boil, and serve in white sauce, with Jerusalem artichokes round.
- „ Boil, and serve on toast.
- „ BALLS... ... Fry, and serve with mashed potato.
- CURRY BALLS... Mince cold meat, mix into balls with rice, curry powder, herbs, and fry.
- BRAIN CAKES ... Boil in veal gravy, when cold cut in dice, egg and crumb, with herbs. [and fry.
- RISSOLES, Cold Meat... Mince, mix with melted butter, make into balls, egg and crumb,
- „ Mince, mix with potato or crumbs and egg, make into balls, egg, crumb, and fry.

- DORMERS Mince with suet and rice, make into sausages, egg and crumb, and fry.
- CROQUETTES Mince with cream, in turnovers, sprinkle with vermicelli, and fry.
- PUFFS, Italian Mince, mix with crumbs, parsley, herbs, milk, &c., in turnovers. Bake.
- PATTIES, Potato Mince, anchovy sauce, herbs, milk, &c., in patty pans, with mashed potato.
- „ Fried Boil calf's brain, mince, add egg, parsley, &c., and fry in puff paste.
- MINCE Cold meat, poultry or game, minced, and served on toast.
- „ Served with potato round nicely browned, or sippets.
- COLLOPS Thin slices of cold meat, sprinkle with spices and herbs, &c., and fry.
- „ Fresh Meat.. Mince fine, fry in covered pan to keep steam in, serve with onion.
- SWEETBREADS Bake with egg and bread crumbs, and serve on toast with gravy.
- „ Simmer in milk, egg & crumb, & fry. Serve with mushrooms & gravy.
- „ Stew with cream, lemon juice, spice, &c., added. [balls.
- QUENELLES Soak crumbs in cream, mix pounded fish, butter, eggs, &c. Poach in
- ROMAN PIE Sprinkle mould with vermicelli, line with crust, mince, macaroni, cheese.
- INDIAN PILLAU... .. Boil rice, and garnish with quartered eggs, and a fringe of fried onion.
- OX TAILS Cut three inches long, stew till very tender, serve upright, in gravy.
- „ Stew first, then egg and crumb, and broil. Crisped parsley.
- COW HEEL Cut in small pieces, egg and crumb, with parsley, and fry.
- OX PALATES Boil till tender, skin, stew in milk, herbs, &c., egg, crumb, and broil.
- PIGS' TROTTERS Stew with bacon, onion, herbs, spice, &c. Serve in parsley and butter.
- „ „ Stew with minced heart, liver, &c., in egg and milk, with carrot, onion.

- PIGS' TROTTERS ... Stew for several hours in two waters, with vinegar. Serve in white sauce.
- BONES ... Well rub with mustard and cayenne, and grill till crisp. [crumbs.
- TOAST, Ham ... Mince, mix with crumbs, cream, and serve on buttered toast with fried
- „ Sardine ... Spread fingers of buttered toast with anchovy paste, then a sardine.
- „ Bombay ... Pound anchovies and butter, melt add yolk of eggs, make hot, spread on fried bread. [egg.
- „ Anchovy... Pound, mix with sauce, butter, &c., pour on toast, garnish with chopped
- TOMATOES, Stuffed. Scoop out, and re-fill with ham, tomato, herbs, vinegar, &c. Stew and then bake.
- MUSHROOMS... Cook under a finger glass, and serve on toast buttered both sides.
- „ ... Broil, with a little butter and lemon juice. Serve on toast.

COLD BREAKFAST.

The dishes of meat, and the butter, should be nicely garnished with parsley, &c., and a plant, or cut flowers be placed in centre of table.

BREAD, White, Brown. RICE. MILK. ROLLS. OAT CAKE. SHORTBREAD.
FRESH FRUIT. STEWED FRUIT. HONEY. MARMALADE. PRESERVES. BUTTER.

FISH, pp. 18 to 25... Cold, pickled, potted, collared. LOBSTER. OYSTERS. PRAWNS. SHRIMPS.

EGGS Stuffed with anchovies, or forcemeat. Hard boiled and watercresses.

GAME, pp. 40, 41.

BIRDS, pp. 42 to 45.

JOINTS Roast, or boiled.

BEEF... .. Collared, hung, hunters, spiced. Small rolls stewed.

TONGUE, Ox, Sheep's, Pig's, Reindeer's.

PIG'S FACE ... Collared. Boiled. [Bake.

PORK CHEESE ... Cut in small pieces, add spice and herbs, put in mould, with gravy.

HAM. BACON. PICKLED PORK.

SAUSAGES Fried or boiled. Polonies. [press.

BRAWN Boil pig's head and beef, chop, mix with herbs, place in mould, and

PIES Pork. Veal. Game. Beef. Rabbit. Chicken. Pigeon. Rook.

MOULDS Beef. Veal and Ham. Calf's Head. Rabbit. Chicken. Game.

POTTED MEATS ... Ham. Tongue. Hare. Partridge. Pheasant. Chicken. Beef.

CALF'S HEAD ... Stuffed and rolled.

MEAT ROLLS ... Remove top of French roll, fill with mince, white sauce, herbs, &c.

Replace top.

ASPIC JELLY ... Veal, ham, herbs, lemon, isinglass. Stew, strain, ornamented with parsley.

SOUPS.—MEAT, POULTRY, GAME.

- BRILLA... ... Shin of beef, carrots, turnips, celery, thyme, onions.
- COCK-A-LEEKIE Large fowl, leeks, stock.
- CALF'S HEAD ... Head, cloves, herbs, mace, rice-flour, ketchup, white stock.
- GRAVY ... Beef, veal, ham, onions, carrots, turnip, celery, spice, herbs, sauce.
- GIBLET... ... Giblets, beef, ox-tail, onions, carrots, herbs, cream, butter, mutton
shanks.
- HODGE-PODGE... Shin of beef, beer, onions, carrots, turnips, celery, green peas.
- HARE... ... Hare, beef, ham, carrot, onions, herbs, port wine, French rolls, flour.
- HESSIAN... ... Ox head, split peas, carrots, turnips, potatoes, celery, herbs, spice.
- MULLIGATAWNY ... Curry powder, onions, almonds, fowl, bacon, garlic, lemon-pickle,
stock.
- MUTTON ... Neck, carrots, turnips, onions, herbs, parsley, sherry.
- OX TAIL ... Tails, ham, carrots, turnips, onions, celery, herbs, spice.
- OX CHEEK... ... Cheek, ham, parsnip, carrots, onions, celery, spice, herbs, French roll.
- PORTABLE ... Veal, beef, herbs, spices, celery, onions, carrots, bay-leaves.
- PHEASANT... ... Pheasants, ham, onion, celery, eggs, mace, butter, French rolls,
stock.
- PARTRIDGE... ... Partridges, ham, onions, celery, carrot, turnip, butter, sugar, stock.
- POT-AU-FEU ... Meat, bones, carrots, onions, leeks, turnips, parsnips, cloves.

- REGENCY Cold game, carrots, onions, celery, turnip, eggs, cream, stock, pearl barley.
- REINE, A LA ... Fowl, sweet almonds, French roll, cream, sugar, white veal stock.
- RABBIT Rabbits, herbs, spice, cream, eggs, French rolls, celery, carrots, onions.
- SALT MEAT... .. Meat, carrots, parsnips, turnips, potatoes, cabbage, oatmeal, rice.
- TURTLE Turtle, ham, veal, herbs, spice, onions, Madeira, butter, crumbs, bay-leaves.
- TURTLE, Mock ... Calf's head, ham, herbs, onions, mushrooms, sherry, spice, lemon, stock.
- TURKEY Cold remains, rice-flour, mushroom-ketchup, medium stock.

SOUPS.—FRUIT, VEGETABLE.

- ALMOND Beef, mutton, vermicelli, sweet almonds, spice, cream.
- APPLE Apples, pepper, cloves, ginger or cayenne, stock.
- ARTICHOKE Jerusalem artichokes, ham, celery, turnip, onion, cream, butter, stock.
- ASPARAGUS ... Beef, bacon, ale, spinach, lettuce, mint, asparagus, sorrel, French roll.
- BARLEY Shin of beef, pearl barley, parsley, onion, potatoes.
- BREAD Bread crusts, butter, stock.
- CABBAGE Cabbage, carrots, onions, bacon, stock.
- CANTATRICE, A LA Sago, cream, yolk of eggs, sugar, bay-leaf, medium stock.
- CRECY, A LA... .. Carrots, onions, lettuce and chervil, butter, lentils, French roll, rice, stock.

CARROT	Liquor from boiled meat, beef bones, carrots, onions, turnips.
CELERY... ..	Celery, nutmeg, sugar, stock, cream.
CHANTILLY ...	Green peas, parsley, young onions, medium stock.
CHESTNUT	Spanish chestnuts, cream, mace, cayenne, stock.
COCOANUT... ..	Cocoanut, rice flour, mace, cream, cayenne, medium stock.
CUCUMBER	Cucumber, butter, chervil, sorrel, yolk of eggs, cream, stock.
FLAMANDE, A LA	Turnip, carrot, celery, green onions, asparagus, peas, eggs, cream, stock.
JULIENNE, A LA ...	Carrots, turnips, onions, leeks, celery, lettuce, sorrel, butter, stock.
KALE BROSE ...	Half an ox head, toasted oatmeal, greens.
LEEK	Sheep's head, leeks, oatmeal.
LENTIL	Lentils, carrot, onion, parsnip, butter.
MILK	Milk, powdered cinnamon, sugar, bread, yolks of eggs.
MACARONI ...	Macaroni, butter, clear stock.
ONION	Onions, butter, cream, stock.

SOUPS.—FRUIT, VEGETABLE, FISH.

POTATO	Mealy potatoes, stock.
PARSNIP	Parsnips, butter, cayenne, stock,
PAN KAIL ...	Cabbage, or Savoy greens, butter, dripping, oatmeal.
PEA, Green	Peas, butter, ham, onions, lettuce, French rolls, spinach, sugar, stock.
„ Dried ...	Split peas, beef, bacon, carrots, turnips, onions, celery, bones, stock.

PRINCE OF WALES	Turnips, strong veal stock, bright stock, sugar.
SPRING	Green peas, lettuces, onions, parsley, yolks of egg, stock.
SOLFERINO, A LA	Eggs, cream, butter, bouillon, flour.
RICE... ..	Patna rice, cayenne, mace, white stock.
SAGO	Sago, stock.
SEMOLINA ...	Semolina, stock.
SPINACH	Spinach, medium stock.
TURNIP	Turnips, onions, butter, stock,
VEGETABLE MARROW...	Young vegetable marrows, cream, white stock.
VERMICELLI ...	Vermicelli, clear gravy soup.
WHITE... ..	Sweet almonds, bread, lemon peel, eggs, white stock, veal.
BOUILLABAISSE	Fish, saffron, oil, onions, carrots, herbs, spice, shalots, garlic.
CRAYFISH	Crayfish, butter, anchovies, French roll, lobster-spawn, stock.
EEL	Eels, onion, butter, herbs, spice, cream, flour.
LOBSTER	Lobsters, French roll, anchovies, cream, egg, herbs, spice, milk, butter.
OYSTER	Oysters, cream, white stock, butter, cayenne, mace, flour.
PRAWN... ..	Prawns, French roll, anchovy sauce, mace, vinegar, lemon, stock.
SKATE	Skate, onions, parsley, butter, catsup, sherry.

FRESH WATER FISH.

- EELS Boil, and serve with parsley and butter.
- „ Stew in wine and stock, with onion, cloves, lemon, &c. Mix in cream.
- „ Stew with carrot, onion, wine, &c. When cold, egg and bread crumb, and fry.
- „ Stew with mushrooms, onion, wine, &c. Serve in pyramid, cover in sauce.
- „ Fry, then stew with wine, anchovy, lemon, spice, &c.
- „ Egg and bread crumb, curl round and fry. Garnish, fried parsley.
- „ Pie Put in dish with forcemeat, spice, &c. Bake with crust.
- „ Collared... Bone, skin, split, sprinkle with herbs, &c. Roll and boil.
- SALMON TROUT ... Boil. Lobster sauce. Cucumber. Garnish, lemon and parsley.
- „ ... Broil. Melted butter. Garnish, fried parsley.
- TROUT Stew with wine, spice, onion, stock, &c.
- „ Bake in buttered paper. Anchovy or caper sauce.
- „ Fry in egg and bread crumbs. Melted butter.
- CHAR... .. Generally potted and preserved as a rarity.
- PIKE Boil. Anchovy sauce and melted butter. Garnish, parsley.
- „ Stuff, egg and bread crumb, with chopped parsley, and bake. Dutch sauce.

CARP	Stuff, and bake with wine, herbs, anchovies, lemon juice, &c.
TENCH	Stew with wine, spice, &c. Garnish, forcemeat balls.
	„	Matelote of...	...	Stew with oysters, mushrooms, anchovies, wine, herbs, &c.
GUDGEON	Egg and bread crumb, and fry. Garnish, crisped parsley.
PERCH	Boil. Melted butter. Garnish, parsley.
	„	Egg and bread crumb, and fry. Anchovy sauce.
	„	Stew with wine, stock, herbs, &c.
ROACH	Broil. Garnish with crisped parsley.
DACE	Fry. Garnish with crisped parsley.
BARBEL	Boil, then stew with wine, herbs, onion, spice, anchovies, &c.
CHUB	Bake. Garnish with crisped parsley.

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SALT WATER FISH.

SALMON... .. Boil. Lobster sauce. Cucumber. Garnish, lemon and parsley

„ Bake in slices well seasoned. Caper or tomato sauce.

„ Collared ... Split, bone, stuff, roll, and boil. Melted butter

„ Crimped... Slices boiled. Shrimp sauce. Garnish, lemon and parsley.

„ Cutlets ... Broil in buttered paper. Anchovy sauce.

„ Curried ... With onion, anchovy and Harvey sauce, &c.

„ à la Gênévese Stew with carrots, herbs, spice, wine, &c.

TURBOT Boil, and sprinkle with lobster spawn. Lobster sauce, lemon, &c.

„ 2nd *Dressed*, Fillets ... Cut up and bake in egg and bread crumbs. Cover with
lobster sauce.

„ à l'Italienne Made hot in Italian sauce.

„ à la Crème.. Warmed in butter and cream. Paste border to dish.

„ au Gratin... Mince, stew en Béchamel, cover with bread crumbs, and brown.

COD Boil. Garnish with bread pyramids. Melted butter.

„ à la Maître d'Hôtel... Boil, then stew with butter, parsley, lemon, &c.

„ Cutlets ... Egg and bread crumb, and fry. Anchovy sauce.

„ Sounds, en Poule... Boil in milk and water, cover with forcemeat, and roast.

„ „ Boil, fry, or broil.

- COD, Salt ... Boil. Egg sauce. Garnish with hard-boiled eggs sliced.
- SOLES Boil. Lobster sauce. Garnish, cut lemon and parsley.
- „ Bake in egg and bread crumbs. Melted butter and parsley.
- „ Fry. Shrimp sauce. Garnish, cut lemon and fried parsley.
- „ Filleted... Boil and stew in cream, lemon, and spice, &c.
- „ „ Roll, egg and bread crumb, and fry. Garnish, fried parsley, cut lemon.
- „ „ à l'Italienne...Egg and bread crumb, and bake. Italian sauce. Lemon juice.
- „ Boil in milk, water, butter, lemon juice, &c. Cover with mushroom sauce.
- „ Fricassee... Fry. Serve with balls of minced sole, lemon, bread crumbs, parsley, &c.
- MULLET, Red... Bake in buttered paper. Melted butter. Anchovy sauce.
- „ Grey Boil. Anchovy sauce. Melted butter. Garnish, fennel.
- WHITING... .. Boil. Caper sauce. Garnish, parsley.
- „ Broil. Maître d'Hôtel sauce. Garnish, fried parsley.
- „ Fry in egg and bread crumbs. Shrimp sauce. Garnish, fried parsley.
- „ au Gratin ... Egg and bread crumb, and bake with mushroom, wine, &c.
- „ aux Fines Herbes...Cover with butter and minced herbs, and bake.
- JOHN DORY Boil. Lobster sauce. Garnish, cut lemon and parsley.
- MACKEREL Boil. Fennel sauce. Garnish with fennel.
- „ Take out roes and stuff with forcemeat. Bake with roes.
- „ Broiled. Open the back, and, when cooked, insert parsley and butter.

- MACKEREL ... Stew in stock, with parsley and butter.
 BREAM... .. Stuff and bake. Garnish with parsley and hard-boiled eggs, sliced.
 „ Stew in wine, &c. Garnish with parsley.
 „ Broil. White sauce. Garnish with cut lemon.
 STURGEON Bake with minced herbs, in wine and lemon juice.
 „ Stuff, roll in buttered paper, and roast. Brown gravy.
 BRILL Boil. Dutch sauce. Garnish, lobster coral, parsley, cut lemon.
 PLAICE, Filleted ... Egg and bread crumb, and fry. Shrimp sauce. Garnish, parsley.
 „ Stew with onion, ginger, and lemon juice. Serve with beaten eggs.
 SKATE Boil. Caper sauce. Garnish with parsley.
 „ Crimped ... Slice, roll and boil. Lobster sauce. Garnish with parsley.
 HADDOCK Stuff with forcemeat, egg and bread crumb, and bake. Brown gravy.
 „ Boil. Anchovy sauce. Garnish with parsley.
 „ Dried... .. Cut up and place in hot basin with herbs, &c., and boiling water.
 Steam.
 GURNARD Boil. Parsley and butter. Garnish with parsley.
 HERRINGS, Fresh Boil. Garnish with crisped parsley.
 „ „... .. Broil. Garnish with crisped parsley.
 „ „ ... Remove head, tail, backbone, roll with stuffing, butter, and bake.
 „ „... .. Bake in layers, with herbs and vinegar, &c.
 „ Remove head, roe, and backbone, roll, skewer, and fry with roe.

- BLOATERS Broil or fry. Garnish with parsley.
,, Remove head, tail, backbone, bread crumb, Yorkshire relish, &c. Bake.
FLOUNDERS Boil or fry. Parsley and butter. Garnish with crisped parsley.
SHAD Broil. Caper sauce. Garnish with parsley.
WHITEBAIT Fry in boiling lard. Serve with thin brown bread and butter, and lemon.
ANCHOVIES Dip in paste of oil, wine and flour, put tails in mouth, and fry.
SARDINES Potted.
SPRATS Bake in layers, with spice, bay leaves, vinegar, &c.
,, Fasten together on a skewer and broil.
,, Dip in batter and fry. Garnish with fried parsley.
SMELTS Cover in bread crumbs and bake. Garnish with lemon and parsley.
,, Egg and crumb, and fry. Garnish, parsley. Dutch sauce.

SHELL FISH.

- OYSTERS Boil one minute, then fry with butter, ketchup, lemon, parsley, &c.
,, Stew with cream, mace, &c. Garnish with sippets.
,, Fritters Dip in batter, then toss into hot fat, and fry.
,, Scalloped With cream, &c. Covered with bread crumbs and browned.
,, Patties Cut in three, mix with cream, lemon, &c. Bake in pans.

- LOBSTER, Baked Meat pounded and mixed with eggs, spice, bread crumbs, &c.
 „ Stewed ... Cut up and mixed with cream, stock, spice, &c. Serve in shell.
 „ Curry ... Stew with onions, curry powder, &c. Serve with rice.
 „ Cutlets ... Pound with mace, &c. Egg and bread crumb, and fry.
 CRAB... ... Mix the meat with vinegar, bread crumbs, &c., and brown in shell.
 CRAYFISH Boil in vinegar and salt. Garnish with parsley.
 PRAWNS Boil, and serve on napkin, in form of pyramid.
 SHRIMPS, Buttered Pick, and stew in cream sauce. Serve with sippets. [crumbs.
 MUSSELS Boil, shell, stew in liquor, with butter, &c. Serve in scallop shells, with
 PERIWINKLES ... Boil, shell, mince, add stock, cream, lemon juice, and bake in patty pans.

COLD FISH.

- AU GRATIN Cut in dice, heat en Béchamel, cover with crumbs and butter, and brown.
 BONED Skin, bone, cut in square pieces, and simmer in butter and cream.
 COLD In aspic jelly.
 COLLARED ... Bone, roll, simmer in vinegar and water, and bay-leaves.
 CURRIED Flake, fry with butter and onion, and stew in stock and curry powder.
 CAKES Chop, mix with crumbs, potato, egg, parsley. Egg and crumb, and fry.
 CUTLETS Egg and crumb, and fry. Serve with sauce.

- FILLETS Bone, skin, and warm in Italian or Béchamel sauce.
- KEDGEREE Flakes warmed with boiled rice, eggs, butter, and cayenne.
- KIPPERED... .. Broil in thin pieces, rub with butter, lemon juice, and cayenne.
- OMELETTE Mince, mix with eggs, flour, onion, parsley, herbs, milk. Fry.
- PICKLED Boil the liquor with vinegar, allspice, and bay-leaves, and pour over fish.
- POTTED Pound with butter, mace, cayenne, and bake. Cover with clarified butter.
- PIE Flake, cover with melted butter, oyster sauce, mashed potato, and bake.
- “ Flakes in layers with crumbs, oysters, nutmeg, and parsley. Add white sauce, cover with crumbs, and brown.
- PUDDING Pound, mix with bread soaked in milk, stir over fire till thick, add butter, eggs, parsley, onion, spice. Steam, and serve with sauce.
- PATTIES Mince, with eggs, parsley, mace, lemon, cream, gravy. Bake in pans.
- QUENELLES Pound, mix with crumbs, cream, butter, egg. Roll into balls, and poach in white stock.
- RISSOLES Mince with crumbs, herbs, lemon-peel. Simmer in white stock, add egg, and when cool, egg and crumb, and fry.
- SAUSAGES Pound, mix with mashed potato and egg. Egg and crumb, and fry.
- SCALLOPED Mix with milk, anchovy sauce, vinegar, mustard, butter. Grate crumbs over, and brown in shells.
- TURBOT LOAVES ... Remove crumbs from French rolls, mix half with fish, oysters, butter, anchovy paste and cream. Replace in rolls, and crisp.

BEEF.

- ROUND Roast. Serve with suet dumplings. Garnish, horseradish.
 „ Stew with carrots, turnips, and onions.
 „ Salted ... Boil with carrots, turnips, and onions. Serve with suet dumplings.
 „ „ ... Stew with carrots, turnips, and onions. Serve with suet dumplings.
 FILLET Roast. Serve with Yorkshire pudding. Garnish, horseradish.
 „ Lard and roast. Horseradish sauce. Garnish, horseradish.
 SIRLOIN Roast. Serve with Yorkshire pudding. Garnish, horseradish.
 „ Fricandeau... Lard, and stew with sherry, herbs, &c. Sorrel sauce.
 „ Roll with forcemeat, roast, and baste with wine. Red currant jelly.
 RIBS Roast. Serve with Yorkshire pudding. Garnish, horseradish.
 „ Bone and roast. Horseradish sauce. Garnish, horseradish.
 AITCH BONE... .. Roast. Serve with Yorkshire pudding. Garnish, horseradish.
 „ Boil. Serve with carrots, turnips, onions, and suet dumplings.
 BRISKET Stew with vegetables. Garnish, glazed onions and artichokes.
 „ à la Flamande Stew with vegetables, herbs, spice, bacon, &c.
 SHIN Stew with vegetables, herbs, spice, port wine, &c.
 RUMP... .. Bone, stuff with forcemeat, and stew with vegetables, spice, &c.
 „ Roast. Serve with Yorkshire pudding. Garnish, horseradish.
 „ STEAK ... Stuff with forcemeat, roll and roast. Oyster sauce.

RUMP STEAK, Polish dish...Cut deep incisions, rub in seasoning, roll and stew.

„ „ Olives. Stuff, roll, and stew with bacon, &c.

„ „ Olives. Roll thin slices, with crumbs and herbs, &c., skewer, fry. Serve on toast.

„ „ Toad in the hole....Bake in batter, with sheep's kidneys, &c.

„ „ Stew in small rolls, with fat in centre of each. Vegetables stewed with it.

„ „ Fry with sliced onion. Garnish, horseradish.

„ „ Broil. Oyster sauce. Garnish, horseradish.

„ „ Collops. Fry in small slices, and stew with chalot, capers, pickled walnuts, &c.

„ „ Scotch Collops....Mince fine, fry with plate over pan. Serve with Spanish onion.

„ „ Pie ... Small rolls and kidney, oysters or mushrooms. Bake in batter or crust.

„ „ Pudding...Small rolls and kidney. Oysters or mushrooms. Boil in crust.

STICKING, Beef à la Mode....Stew with wine, spice, vegetables, &c.

RIB BONES Saw three inches long, stew with vegetables. Serve in mashed potato.

MARROW BONES... Boil, remove marrow, and serve it on toast, well seasoned.

SAUSAGES Fry, and serve on mashed potato.

HEART... .. Par-boil, stuff, and roast. Serve with red currant jelly.

BRAINS... .. Boil in gravy, when cold slice, egg and bread crumb, and fry in butter.

PALATES Skin, cut in pieces, stew, and serve in gravy.

TONGUE...	Salt and boil.
CHEEK	Stew with port wine, herbs, spice, vegetables, &c.
KIDNEYS	Slice and fry. Serve with mashed potato.
FEET	Egg and bread crumb, with herbs, and fry.
TAIL	Stew with onion, spice, herbs, &c. Garnish sippets.
„	Stew, and then egg and bread crumb, and broil.
TRIPE	Boil in milk and water, and smother in onion sauce.
„	Cut in pieces, and fry in batter; or stew in gravy, with mushrooms.

Second Dressed Beef.

HASHED...	Slice, and simmer in gravy, with sauce. Garnish, sippets.
MINCED	Very fine, and served in mashed potato.
STEWED...	Thick pieces, with celery and onion. Oyster sauce. Fried potato.
„	With port wine, onions, and oysters.
BROILED	Slices placed round mashed potato, with oysters in centre.
„	Slices covered with potatoes peeled like apples, and fried in batter.
BAKED	In batter. Slices rolled. Potatoes sliced, and fried crisp.
CURRIED	With sliced fried onions, beer, &c. Serve with rice.
FRIED	Sliced salt beef on mashed potato. Garnish, gherkins.
BUBBLE & SQUEAK.	Fried slices, covered with fried greens, and minced onion. [onions.		
IRISH STEW	Bones and meat in thick pieces, stewed with potatoes, turnips and

- RISSOLES Mince, mix with bread crumbs, egg, herbs, &c., and fry in balls.
- FRITTERS Thin shreds of meat, and minced onion, &c., fried in batter.
- CAKES... .. Mince with bacon, mix with herbs and egg, &c. Fry.
- ROLLS Mince with herbs, &c., and bake in a roll of puff paste.
- PATTIES Mince with herbs, &c., and bake in patty-pans with puff paste.
- POTATO PIE Mince in deep dish, and bake with thick layer of mashed potato on top.
- CORNISH PASTY ... Slices of meat, potato, turnip, apple, and onion baked in turnover.
- MIROTON Slices fried with onion. Fried potato (country fashion).
- RAGOUT Slices stewed with onion, spices, &c. Serve with pickled walnuts.
- SHEPHERD'S PIE ... Layers of meat and sliced vegetables, herbs, &c. Bake in crust or batter.
- BONES... .. Highly season, and broil.
-

JOHNSTON'S CORN FLOUR is rich in heat-giving and flesh-forming properties; milk contains the constituents of bone and muscle, and the two in combination afford the most perfect and complete nourishment, closely resembling in nutritive value ordinary beef and bread, in a form the most palatable and digestible, and therefore especially suited for Children and Mothers whilst nursing.

MUTTON.

- HAUNCH Roast, and serve with red currant jelly.
- SADDLE Roast, and serve with red currant jelly.
- FILLET, Braised ... Roll, roast, and serve on French beans.
- LEG Roast. Roasted Spanish onions.
- ,, Bone, stuff and roast.
- ,, Braised ... Stew in braising pan with vegetables, herbs, &c. Serve on haricot beans.
- ,, Boil, and serve with turnips, carrots, melted butter, and capers.
- SHOULDER Roast. Onion sauce, or stewed Spanish onion.
- ,, Bake over potatoes cut in quarters. Onion sauce.
- BREAST Stew with green peas.
- ,, Stuff, roll and boil. Caper sauce. Mashed turnip.
- LOIN Roast, with the kidney in.
- ,, Bone, stuff, roll, half bake, then stew. Red currant jelly.
- CHOPS... .. Broil. For gravy mix mushroom sauce, water, butter, flour, and boil.
- ,, Place between two plates, and cook for several hours in slow oven.
- ,, Bake in batter.
- ,, Stew with kidney, in jar inside saucepan of boiling water.

- CHOPS... .. Stew with kidney, and turnip cut in small slice.
- „ Irish stew With quartered potatoes, turnips, onions, &c.
- „ Haricot ... Fry with sliced carrot till brown, and then gently stew.
- „ Pie Bone, cut into steaks, roll, and bake in crust, with kidney.
- „ Pudding ... Bone, slice, and bake in a dish lined and covered with crust.
- NECK... .. Roast. Onion sauce. Red currant jelly.
- „ Boil, and serve with turnips, carrots, melted butter and capers.
- CUTLETS Broil, and serve round mashed potato.
- „ Egg and bread crumb, and fry. Tomato sauce. Potato rice.
- „ Italian. ... Fry in bread crumbs, and herbs, &c. Serve with green peas.
- SHEEP'S HEAD ... Stew with oatmeal, and vegetables.
- „ „ ... Boil, and serve with brain sauce.
- „ „ ... Singe, bake, or boil.
- „ BRAINS, en Matelote...Stew with bacon, onions, cloves, &c.
- „ „ Boil in gravy, and when cold, halve, egg and bread crumb, and fry.
- BRAINS & TONGUES, au Gratin...Boil, and when cold, halve, egg and bread crumb, and serve with mushrooms.
- TONGUES Boil, skin, split, dip in melted butter and bread crumbs, and fry. [Fry.
- SHEEP'S BRAINS... Boil in veal gravy, when cold, cut in dice, make into cakes with herbs.
- KIDNEYS Slice, dip in flour, &c., fry in bacon fat, and serve on rashers, with gravy.
- „ Skin, but not split or cut, dip in boiling fat, and broil on gridiron.

- KIDNEYS Skin, split open, and toast over rashers. Serve together with potato rice.
 „ Cut in dice, and stew with mushrooms and butter. Serve with sippets.
 „ Fry, and serve on dry toast, with gravy.
 SWEETBREADS... Boil in stock, lemon, thyme, onion, &c., egg and bread crumb, and fry.
 HEART Roast.
 TROTTERS... .. Stew in egg and milk, with carrot, onion, herbs, &c.
 CHINA CHILO ... Mince, stewed with shredded lettuce and onion, and served with rice.

Second Dressed Mutton.

- MINCE Stew, and serve with sippets, tomatoes, green peas, or mashed potato.
 RISsoles Mince, mix with melted butter, roll into balls, egg and bread crumb, and fry.
 DORMERS Mince with suet and rice, roll into sausages, egg and bread crumb, and fry.
 CUTLETS Cut into shape, egg and bread crumb, and fry. Serve with tomato sauce,
 PANCAKES... .. Mince put into batter, roll, and fry.
 FRITTERS Thin slices, dip in batter and fry in hot fat.
 COLLOPS Sprinkle slices with spice and minced herbs, &c., and fry. Tomato sauce.
 HASHED Slices, with celery, spice, herbs, &c. Serve with sippets.
 CURRY Mince or slice, with curry powder, onion, &c. Serve with rice.
 CURRY BALLS ... Mince, mix into balls with rice, curry powder, parsley, &c., and fry.
 HARICOT Fry, and then stew with vegetables, port wine, &c.

- IRISH STEW ... Bones, and thick pieces of meat, stewed with potato, turnip, onion, &c.
 HODGE-PODGE ... Mince, stew with lettuces and sliced onion. Add green peas.
 RAGOUT ... Chops, stewed with carrots and turnips.
 TOAD IN THE HOLE Slices baked in batter, with kidneys, oysters, and mushrooms.
 POTATO PIE ... Mince baked in deep dish, with thick layer of mashed potato on top.
 CORNISH PASTY Slices of meat, potato, turnip, and onion, baked in crust.

LAMB.

- JOINTS, &c. ... Nearly the same as mutton. Mint sauce, green peas, spinach, asparagus, or cauliflowers, &c., are generally served with it.
 SWEETBREADS ... Stew, egg and bread crumb, and brown. Serve with watercresses.
 „ ... Stew with stock, &c., egg and bread crumb, and fry with rashers.
 „ ... Lard, stew, and serve with asparagus tops.
 FRY ... Cook heart, melt, brains, frill and kidneys separately, and serve together.

JOHNSTON'S CORN FLOUR
IS THE BEST

“Is decidedly superior.”—*The Lancet*.

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VEAL.

- FILLET... .. Stuff and roast. Garnish, cut lemon. Melted butter. Boiled ham.
 „ Stuff, and stew with sherry, lemon juice, mushrooms, mace, &c.
 LOIN Stuff and roast with kidney. Boiled ham or bacon. Cut lemon.
 „ Stew, and serve with forcemeat balls, cut lemon, tomato sauce.
 „ à la Daube ... Bone, stuff, stew with onions, herbs, &c. Sorrel sauce.
 „ à la Bourgeoise...Cutlets fried, then stewed with bacon, vegetables, &c.
 „ Roast, then stew with carrots, onions, new potatoes, &c. Add peas.
 „ Stew with tomatoes, mushrooms, or sorrel sauce. Cut lemon.
 LEG, Fricandeau... Stew with bacon, vegetables, herbs, spice, &c.
 KNUCKLE... .. Boil, and serve in parsley and butter. Boiled pig's face. Cut lemon.
 „ Stew, and serve in rice. Boiled bacon. Parsley and butter. Cut lemon.
 „ Stew with green peas, and serve with forcemeat balls.
 „ Ragout... .. Fry, and stew with carrots, celery, herbs, &c. Add green peas.
 BREAST Roast, and serve with melted butter. Boiled bacon. Cut lemon.
 „ Stew with green peas. Serve with forcemeat balls.
 SHOULDER ... Bone, stuff, roll, and stew with carrots, onion, herbs, &c. Add peas.
 „ Stew with carrots or peas. Boiled ham. Cut lemon. [Lemon.
 NECK Roast, and serve with melted butter and forcemeat balls. Pickled pork.

NECK Stew with rice and serve with parsley and butter.

„ Braised ... Lard, and stew with bacon, vegetables, spice, wine, &c., in braising pan.

„ Boil, and serve with parsley and butter, or onion sauce.

CHOPS Egg and bread crumb, and fry. Serve with rashers and cut lemon.

CALF'S HEAD ... Boil, and serve in parsley and butter. Tongue, with brain round it.

„ „ Fricasseed...Stew with herbs, &c. Force meat balls. Bacon.

„ „ ... Hashed. Boil, slice, and simmer with mushrooms, wine, &c. Brain fritters.

TÊTE DE VEAU, en Tortue...Stew in stock and wine, &c. Garnish, force meat balls and bacon.

BRAIN FRITTERS... Boil, mince, beat with egg, flour, milk, nutmeg, and fry as fritters.

CALF'S LIVER, aux Fines Herbes and Sauce Piquante. Fried.

„ „ Larded Lard, pickle, roast, basting with vinegar. Sauce piquante.

„ „ ... Fry with rashers of ham or bacon. Garnish, sliced lemon.

„ SWEETBREAD.Simmer, egg and bread crumb, bake, and serve on toast, with gravy.

„ „ Stew in white stock, and serve in gravy, with cream, lemon, &c., added.

„ „ à la Maître d'Hôtel...Boil,slice, egg and bread crumb, and fry. Serve in sauce.

„ FEET ... Stew with bacon, onion, herbs, spice, &c. Serve in parsley and butter.

„ „ Fricasseed...Boil, bone, slice, fry in batter. Melted butter, vinegar, &c.

VEAL CUTLETS... Egg and bread crumb, and fry. Garnish, force meat balls, and broiled bacon.

„ „ Broiled à l'Italienne....Egg and bread crumb. Broiled ham. Italian sauce.

- VEAL CUTLETS à la Maintenon...Broiled, with herbs, &c. Melted butter. Gravy.
- „ „ Curried...Fry, and stew with fried onion, garlic, &c., in milk. Add cloves, &c.
- COLLOPS Small rolls, with bacon and forcemeat, egg and bread crumbed, and fried.
- TENDRONS DE VEAU Stew with carrots, herbs, spice, &c. Serve round tomatoes, or green
peas. [sauce.
- „ „ ... Stew, and when cold, slice, egg and bread crumb, and fry. Serve with
- PIE Small rolls with ham in centre. Sliced yolk of egg, mushrooms or
oysters.
- SAUSAGES... .. Mince with ham, sage, &c. Fry and serve on mashed potato.

Second Dressed Veal.

- TÊTE DE VEAU, en Tortue...Stewed in stock, wine, &c. Garnish, forcemeat balls, rashers.
- CALF'S HEAD, à la Maître d'Hôtel...Boned, sliced, and made hot in sauce.
- „ „ Hash, with vegetables, herbs, spice, &c. Forcemeat balls.
- FILLET AU BÉCHAMEL...Stuff with mince, and forcemeat, and serve en Béchamel sauce.
- COLLOPS... .. Thin slices, covered with grated spice, &c., and fried. Garnish, cut
lemon.
- „ Fry in cutlets, and stew with onion, mace, &c. Gravy with wine, &c.
- CURRIED With onions, apples, and lemon juice, &c. Serve with rice.
- RISSOLES Mince, mix with melted butter, egg and bread crumb, and fry in balls.

- CROQUETTES... .. Mince with cream in turnovers, sprinkled with vermicelli, and fried.
- ROLLS Slices with bacon, &c., rolled, covered with forcemeat, egg and bread crumbed, fried.
- RAGOUT... .. Stew in gravy, adding wine and lemon juice. Forcemeat balls and rashers.
- BAKED Mince with bacon, mix in bread crumbs, gravy and eggs, &c. Bake.
- HASHED With vegetables, &c. Served with forcemeat balls, and fried rashers.
- „ In white sauce, with forcemeat balls. Pickled pork. Cut lemon.
- MINCED... .. Serve with tomatoes, peas, or tiny cauliflowers round. Lemon.
- „ Serve with macaroni round. Rolled rashers. Cut lemon.
- „ Serve with sausages and mashed potato, or sippets.
- PATTIES Mince, with ham and eggs, &c., baked in patty-pans.
- OLIVE PIE Slices, with ham and forcemeat rolled together, and baked.
- CHOPS... .. Egg and bread crumb, and fry. Serve with green peas, cut lemon.
- SLICES Egg and bread crumb, and fry. Serve with rashers and mashed potato.
- WINCHESTER CUTLETS... Pound with crumbs, egg, &c., shape, egg and crumb, and fry. Maccaroni for bone.
- ROMAN PIE ... Sprinkle mould with vermicelli, line with crust, mince, maccaroni, and cheese. Bake.

PORK.

- SUCKING PIG ... Stuff with crumbs, sage, and brains, and roast. Apple or tomato sauce.
LEG Stuff with sage and onion, and roast. Apple sauce.
,, Salt, boil, and serve with carrots, turnips, parsnips, and peas-
pudding.
HAM... .. Boil, and serve with melted butter and broad beans.
,, Bake, and serve with melted butter and green peas.
,, Rashers... Broil, and serve with mutton kidneys and green peas.
,, ,, Fry, and serve on mashed potato.
BACON Boil, and serve with melted butter and broad beans.
,, Rashers ... Broil, and serve with mutton kidneys.
,, ,, Fry, and serve with poached eggs on toast.
,, ,, Toast, and serve on mashed potato.
LOIN... .. Roast with kidney, and serve with apple sauce.
,, CHOPS ... Fry with kidney and sliced onion, and serve with apple sauce.
CUTLETS Broil, and serve with tomato sauce.
PICKLED PORK ... Boil, and serve with veal, rabbit, or poultry.
PIG'S FACE ... Boil, and serve with veal or poultry.
TONGUES Boil, skin, split, dip in melted butter and bread crumbs, and fry.
LIVER, Pie ... With bacon, potatoes, parsley, onions, and sage, &c.

- | | | | |
|------------------------|------------------------------------|-----|---|
| FRY, Pie | ... | ... | With sage and onions, potatoes sliced, &c., in layers. |
| KIDNEYS | ... | ... | Broil, and serve with mashed potato. |
| " | ... | ... | Skin, slice, dip in flour, &c., fry in bacon fat, and serve with rashers. |
| " | ... | ... | Cut in dice, and stew with mushrooms, in butter. Garnish, sippets. |
| PETTITOEES | ... | ... | Stew with minced liver, heart, bacon, herbs, &c. |
| " | ... | ... | Stew several hours, in two waters, with vinegar, &c. Serve in white sauce. |
| SAUSAGES | ... | ... | Fry, and serve on mashed potato. |
| " | ... | ... | Boil, and serve on toast. |
| SAUSAGE MEAT, Cakes... | Fry, and serve with mashed potato. | | |
| BRAWN | ... | ... | Boil pig's head and beef, chop, mix with herbs, &c., place in mould, and press. |

Second Dressed Pork.

- BUBBLE & SQUEAK Slices fried with cabbage and onion, minced.
 CURRY BALLS ... Mince, mix into balls with rice, curry powder, parsley, &c. Fry.
 CUTLETS ... Fry with sliced onion. Tomato sauce.
 CHOPS ... Fry with sliced onion. Tomato sauce.
 HASHED ... With onions. Garnish, sippets.

GAME.

- PHEASANT Roast à la Sainte Alliance. Stuff with snipe, &c. Garnish, Florida oranges.
- „ Stuff and roast. Bread sauce. Boiled ham or tongue.
- „ Broiled. Cut up and half fry, egg and bread crumb, and broil. Mushroom sauce.
- „ Boil, and serve with celery sauce.
- „ Cutlets. Cut in joints, bone, egg and bread crumb, and broil. Brown gravy.
- PARTRIDGE Roast. Fried bread crumbs. Bread sauce.
- „ Halve and broil. Mushroom sauce.
- „ Hash, with ham, stock, sherry, mushrooms, herbs, spice, carrots, &c.
- „ Pie, with veal cutlet, ham, mushrooms, parsley, &c.
- „ Bake in butter, cut up and pot.
- GROUSE Roast. Serve on buttered toast, with melted butter.
- „ Pie. With small rolls of steak.
- BLACKCOCK Roast in vine leaves and bacon. Serve on toast. Bread sauce.
- WOODCOCK Roast, and serve on toast.
- WILD DUCKS Roast. Serve with orange gravy. Cut lemon.
- „ „ Ragout. Stew with stock, port wine, butter, lemon, shalots, &c.
- „ „ Hash. Cold joints, with gravy, bread crumbs, claret, spice, lemon, &c.

- LANDRAIL Roast. Serve on fried bread crumbs. Bread sauce.
- PLOVERS Roast. Serve on toast, with the trail.
- PTARMIGAN Roast. Serve on buttered toast. Bread sauce.
- QUAILS Roast. Serve on toast.
- SNIPES Roast. Serve on buttered toast with the trail.
- ORTOLAN Roast in vine leaves. Serve on toast, with trail. Orange gravy.
 „ à la Provençale. Stewed on stuffed truffles, with bacon. Serve on toast.
- TEAL Roast. Serve with orange gravy, watercresses, and cut lemon.
- WIDGEON Roast. Orange gravy. Cut lemon.
- VENISON Roast haunch. Jelly and port wine sauce. Red currant jelly.
 „ Stewed shoulder. Rolled with spice. Red currant jelly.
 „ Hash in the roast meat gravy. Sippets. Red currant jelly.
- HARE Stuff. Roast. Red currant jelly.
 „ Jugged ... Cut up and stew with wine, spices, herbs, onions, lemon, &c.
 „ Hash. Slice, and stew with wine, herbs, spice, &c. Red currant jelly.
 „ Potted ... Stew with bacon, wine, spice, &c. Pound, and pot.
 „ Croquettes... Mince with eggs, bread crumbs, &c. Egg and bread crumb, and fry.
 „ Legs and shoulders of cold roast hare, broiled.

POULTRY.

- FOWL or CHICKEN. Stuff, roast, and serve with oyster or celery sauce, and pickled pork.
- „ aux Cressons. Stuff, roast, serve on watercress. Bread sauce. Tongue.
- „ à la Marengo. Cut up and stew in oil, stock, &c. Add mushrooms. Serve in sauce.
- „ Stuff with oysters, boil in jar, add cream, yolks of eggs, oysters and mace.
- „ à la Béchamel Boil. Béchamel sauce. Garnish, brocoli. Boiled ham.
- „ Stew in mutton broth, with rice. Serve in parsley and butter, with rice round.
- „ Skin, split, and broil. Mushroom sauce. Curled rashers. Crisped parsley.
- „ Curried ... With onions, apples, stock, cream, and lemon juice. Serve in rice.
- „ Rub with curry powder, fry in butter, and stew in milk, with fried onions, &c.
- „ Curry à l'Indienne... Fry limbs, onion, tomatoes, &c., and stew in stock, &c.
- „ Fricassee... With parsley, onions, spice, bay-leaf, cream, yolk of egg, &c.
- „ Cutlets ... Cut in neat pieces, egg and bread crumb, fry, and serve in sauce.
- „ Pillau ... Stew in stock and spice. Add fried onion and rice. Serve with eggs and curled bacon.
- „ Boil, cut up, and serve in white sauce, with macaroni, and hard-boiled eggs, &c.

FOWL Pie... .. With layers of forcemeat, ham, and hard-boiled eggs cut in rings.

Second Dressed.

„ Cutlets ... French. Egg and bread crumb, fry, and serve on sippets, with sauce.

„ Patties ... Mince, with ham, and stew in cream, gravy, &c. Bake in crust.

„ Potted... .. Pounded with ham, butter, spice, &c. Pot, and cover with butter.

„ Curried ... Fry joints, onions, apples, &c., and stew with curry powder, &c.
Serve with rice.

„ Fricassee... Cut in joints, warm in gravy, herbs, &c. Add eggs and cream.

„ Cut in joints, dip in batter, and fry. Garnish, crisped parsley. Rashers.

„ Cut in joints, egg and bread crumb, and fry. Serve in gravy, with curled rashers.

„ Mince, and stew en Béchamel and stock. Dish, and cover with white of egg, &c.

„ Ragout ... Cut in pieces, make hot, and serve in sauce of trimmings, herbs, &c.

„ Croquettes Mince, mix with fried shalots, sauce, and egg. Egg and bread crumb, and fry.

„ Hashed in white sauce, with forcemeat balls. Curled bacon. Sippets.

„ Mince, with hard-boiled eggs and ham. Serve in gravy, with sippets.

„ Scollops ... Cut in slices, and warm in white sauce. Garnish with rolled ham.

„ Sprinkle joints with curry powder, fry, and cover with fried onions.
Cut lemon

- FOWL, Sauté ... Fry in butter and spice, add stock and peas, and stew. Serve with peas round.
- „ à la Reine... Cut in dice, and mix en Déchamel. Egg and bread crumb, and fry.
- „ à la Mayonnaise... Cut up, cover in sauce, and garnish with salad and eggs.
- „ Devilled ... Score legs, rub in mustard and cayenne, and grill till crisp.
- DUCKS ... Stuff with sage and onion, and roast. Apple sauce. Green peas.
- „ Ragout ... Partly roast, then stew with gravy, fried onion, herbs, lemon, &c.
- Second Dressed... Cut up, and stew with stock, butter, lemon, wine, spice, &c.
- „ „ ... Cut up, and stew with ham, butter, gravy, onion, peas, parsley, cloves, &c.
- „ „ ... Cut up, and stew with gravy, shalots, turnips, carrot, herbs, spice, &c.
- DUCK OLIVES ... Cover thin rashers with crumbs, herbs, &c., roll round legs, tie, and fry.
- GOOSE ... Stuff with sage and onion, and roast. Apple sauce.
- „ ... Giblet pie. Stew with onion and herbs, then bake in pie with rolls of steak.
- Second Dressed... Hash in gravy of trimmings, fried onion, wine, ketchup, &c.
- GREEN GOOSE... Roast, and garnish with watercresses. Gooseberry sauce.
- GUINEA-FOWL ... Lard and roast. Bread sauce.
- PIGEONS ... Put butter inside, and roast. Egg sauce. Garnish, crisped parsley.
- „ ... Split, rub with butter, and broil. Mushroom sauce.

- PIGEONS Boil, and serve with parsley and butter. [wine, &c.
 „ Stuff with liver and parsley and butter, and stew with bacon, stock,
 „ Pie With small rolls of steak, ham, and yolks of eggs. [Tongue.
 TURKEY Stuff with forcemeat, and roast. Bread sauce. Fried sausages.
 „ Stuff with sausage meat, roast. Chestnut forcemeat balls and sauce.
 „ Stuff with oysters, and boil. Oyster sauce. Boiled ham or tongue.
 „ Boned Stuff with a whole tongue, and boil. Celery sauce.
Second Dressed... Hash in gravy, with onion, carrot, herbs, spice, wine, &c.
 „ Fricassee Slices in sauce of trimmings, herbs, lemon, cream, egg, onion, &c.
 „ Croquettes... Mince with ham, &c., make into cones, egg and bread crumb, and fry.
 „ Devilled... Score legs, rub in mustard, cayenne, &c., grill till crisp.
 „ „ ... Score legs, rub in mustard, cover in stock and sauce, and stew.
 RABBIT Stuff with forcemeat, and roast. Serve with pickled pork. [pork.
 „ Boil, and smother in onion sauce, or parsley and butter Pickled
 „ Cut up and stew with forcemeat balls. Pickled pork.
 „ Lard and fry, then stew with herbs, sherry, stock, &c. Boiled ham.
 „ Ragout ... Stew with bacon, onion, port wine, lemon, bay-leaf, &c.
 „ Pie With ham, forcemeat balls, eggs, spice, &c.
 „ à la minute Cut up and stew, with mushrooms, sherry, parsley, &c.
 „ Joints fried.
 „ Curry ... Stew with onion, curry powder, sour apple, rasped cocoanut, &c.

ENTRÉES.

- LOBSTER, Cutlets... Pound with mace, &c., egg and bread crumb, and fry.
,, Curry ... Stew with onion, lemon juice, &c. Serve in rice.
,, Patties ... Mince, and bake in patty-pans.
OYSTER, Patties Cut in three, mix with cream, lemon, &c., and bake.
,, Scalloped ... Simmer in white sauce, serve in shells with fried bread crumbs.
VOL AU VENT... Mince, fricassee or ragout, baked in crust.
OX PALATES... Stew in square pieces, and serve in gravy.
,, ,, ... Boil till tender, skin, stew in milk, herbs, &c., egg and bread crumb,
and fry.
,, TAILS... Stew, egg and bread crumb, and broil.
RUMP STEAK ... Fry in butter, then stew with vegetables, &c., sliced, and cut in dice.
COLLOPS ... Mince fine, with fried onion, stew, and garnish with sippets.
SHEEP'S BRAINS, en Matelote... Stew with bacon, onion, spice, &c.
MUTTON CUTLETS. Egg and bread crumb, and fry. Serve with tomatoes, or green peas.
LAMB CUTLETS ... Egg and bread crumb, fry, and serve round spinach, or green peas.
,, ,, ... Stew with vegetables, &c.
,, SWEETBREAD. Stew, egg and bread crumb, and brown. Garnish, watercresses.
,, ,, Larded. Stew, and serve with asparagus tops.

- TÊTE DE VEAU, en Tortue...Stew in stock and wine. Garnish, crayfish, and sippets.
- CALF'S HEAD, Fricasseed...Stew with herbs, &c. Garnish, forcemeat balls and bacon.
- „ SWEETBREADS.Egg and bread crumb, bake, and serve on toast, with gravy.
- „ „ ... Fry, à la Maître d'Hôtel. Garnish, cut lemon.
- „ „ ... Stew with cream, lemon juice, spice, &c., added.
- VEAL CURRY... .. Fry, stew with onions and garlic, &c., in milk. Serve in rice.
- „ CUTLETS... Fry, and serve with broiled bacon and forcemeat balls.
- „ „ à la Maintenon...Broil with herbs. Melted butter. Gravy.
- „ „ à la Julienne...Broil in egg and bread crumb. Broiled ham rashers.
- „ COLLOPS ... Egg and bread crumb, small rolls, with bacon and forcemeat, and fry.
- „ Fricandeau. Lard, and stew with vegetables, herbs, &c.
- TENDRONS DE VEAU...Stew with vegetables, &c., glaze, and serve round a purée of tomatoes.
- „ „ ... Stew with vegetables, &c., and when cold, egg and bread crumb, and fry. [in sauce.
- FOWL or CHICKEN, Cutlets...Cut in neat pieces, egg and bread crumb, and fry. Serve
- „ Croquettes... Mince, mix with shalots, white sauce and egg, egg and bread crumb, and fry.
- „ Fricasseed... Stew with mushrooms, onion, bay-leaf, spice, cream, eggs, &c. [round.
- „ Sauté ... Fry in butter, &c., add stock and peas, and stew. Serve with peas
- „ Hashed Indian fashion...Stew with onion, apple, &c., and serve in rice.
- „ à la Reine... Cut in dice, mix en Béchamel, egg and bread-crumbs, and fry. [Poach.
- QUENELLES Soak crumbs in cream, roll into balls with pounded fowl, butter, eggs.

VEGETABLE ENTRÉES.

- ASPARAGUS ... Stew with butter, parsley, onion, yolks of eggs, cream, &c.
,, Pudding ... Chop, mix with egg, ham, butter, milk, &c., and boil.
,, PEAS ... Boil, and stew with butter, parsley, onion, eggs, cream, &c.
ARTICHOKES... .. Boil, remove the chokes, dip in butter, and fry. Melted butter.
Crisped parsley.
,, Scaloped ... Boil, remove chokes, cover with bread crumbs. Bake.
,, Jerusalem... Peel, shape like pears, boil and serve upright in white sauce, &c.
CARROTS Slice, boil, and stew in sugar and stock. Reduce to a glaze, add
butter, &c.
TURNIPS Peel, shape like pears, boil, and cover with white sauce.
TOMATOES, Scaloped...Boil, skin, remove seeds, cover with bread crumbs, and bake.
,, Boil, skin, remove seeds, stuff, and cover with forcemeat, and fry.
,, Stew whole, in brown gravy.
PEAS... .. Boil, with a sprig of mint.
BEANS, French ... Slice lengthways, boil, dry, add butter, gravy, lemon juice, &c.
,, Golden ... Boil in shells, stew with stock, cream, sugar, &c., and serve in shells.
CAULIFLOWER, à la Sauce Blanche...Boil, and serve in white sauce.
,, Boil, cover with white sauce, sprinkle Parmesan cheese and crumbs,
and brown.

- VEGETABLE MARROW...Boil, quarter, remove seeds, egg and bread crumb, and fry.
- CUCUMBER ... Slice lengthways, remove seeds, and stew in gravy.
- „ ... Pare, slice, and fry till brown.
- TRUFFLES, au Naturel...Bake in buttered paper, and serve in a napkin.
- „ ... Stew with bacon, carrot, turnip, onion, herbs, spice, stock, champagne, &c.
- MUSHROOMS ... Cook under a finger glass, and serve on toast, buttered both sides.
- „ ... Stew with butter, lemon, cream, nutmeg, lemon juice, &c.
- SEA KALE... Boil, and serve with white sauce.
- SPINACH ... Boil, chop fine, and serve with hard-boiled eggs halved, and placed round.
- „ ... Boil, chop fine, stew in butter, gravy or cream, and nutmeg. Sippets.
- INDIAN WHEAT ... Boil the ears, and serve on toast, with melted butter.
- ENDIVE ... Stew in cream, gravy and butter.
- CELERY... Stew in stock, cream, butter, spice, &c., and serve with sippets.
- „ ... Boil, serve on toast, with melted butter.

MORRISON BROTHERS, Scotch Bakers and Confectioners, Bakers by Special Appointment to His Grace the Duke of Argyll, 40, Queen-street, Cheapside, and at Woodgrange Steam Bakery, Forest Gate, London, E. Pure Bread and Cakes made by machinery. Scotch Shortbread and Oatcakes. Agents for Hunter's Prize Medal Edinburgh Oatmeal, Waugh's Haggis, &c., &c.

GARNISHING, &c.

Good food is necessary to health, and the best of its kind is the cheapest in the end.

It is more easily digested hot than cold, and time is therefore well spent in paying attention to the many different ways of cooking it. It is also more economical, for scraps of meat, fish, or vegetables, which would look most uninviting if brought in cold, may, with a little trouble, be converted into quite pretty and tempting dishes. But even then it will not be thoroughly enjoyed unless it is also nicely served, and this is much more a matter of care and taste, than expense.

The most important thing is to see that the table-linen, glass, and silver, &c., are always clean and bright, and the plates and dishes very hot. A table napkin spread under the dish, when there is a hot joint, will preserve the cloth from being splashed by the carver.

It is scarcely necessary to say that cold meat should always be put on a clean dish, garnished with a few sprigs of parsley, &c. ; mustard be fresh made, and never sent in discoloured, and butter, on no account, appear in a smeared dish.

A poor dinner requires garnishing much more than a good one, for a small piece of meat looks larger and far more tempting when nicely garnished, especially if it is cold ; and nothing is more pretty and inexpensive than parsley, which will last several days if it is put in water when not required. Parsley may be used either fresh or crisped, for

almost any dish of fish, meat, or fowl, &c. Still some other things seem more suitable for particular dishes, and it may be useful to have a list to refer to.

If possible, a plant, or cut flowers, should be placed upon the table, but care should be taken that they are fresh, and the water clean.

VARIOUS THINGS FOR GARNISHING.

FISH Fresh parsley. Crisped parsley. Fennel. Horseradish. Capsicums.
Sliced cucumber. Sliced lemon. Hard-boiled eggs, sliced.
Crayfish. Prawns. Lobster coral. Pyramids of bread, with white
of egg on top, sprinkled with chopped parsley, and fine raspings.

BEEF, Roasted ... Horseradish.

„ Broiled ... Horseradish. Fried onions. Mushrooms.

„ Boiled ... Turnips, carrots, and suet dumplings.

„ Stewed ... Turnips, carrots, and suet dumplings. Glazed onions and artichokes.

„ Minced ... Sippets. Mashed potato. Potato rice. Macaroni. Rice.

„ Fried ... Gherkins.

MUTTON, Boiled... Turnips, carrots, and parsnips.

„ Minced ... Sippets. Mashed potato. Potato rice. Tiny Cauliflowers. Tomatoes.
Green peas. Macaroni. Rice.

- MUTTON CUTLETS... Mashed Potato. Potato rice. Tiny cauliflowers. Green Peas.
Tomatoes. Haricot beans.
- VEAL, Roasted Sliced lemon. Force meat balls. Curled bacon.
- „ CUTLETS ... Mashed potato. Potato rice. Sliced lemon. Crisped parsley.
- „ Minced ... Sippets. Tomatoes. Tiny cauliflowers. Mashed potato. Potato rice.
Green peas. Macaroni. Hard-boiled eggs. Curled bacon. Lemon.
- PORK, Leg, Salt Carrots, turnips, and parsnips.
- „ CHOPS ... Fried onions. Tomatoes.
- „ SAUSAGES Mashed potato. Potato rice. Potato snow.
- „ HAM OR BACON... Parsley. Brussels sprouts. Carrots and turnips.
- HASHES ... Sippets. Vegetables. Rice.
- RISSOLES ... Crisped parsley.
- POULTRY... Watercresses. Hard-boiled eggs. Macaroni. Rice. Sausages. Force-
meat balls. Curled bacon. Brussels sprouts.
- GAME ... Fried bread crumbs. Parsley. Pheasants' tails. Florida oranges.
- COLD MEAT ... Fresh parsley. Sliced beetroot. Watercresses. Cresses. Horseradish.
Small raw tomatoes, with parsley.
- MEAT PIES ... Parsley, and a fringed napkin under the pie-dish.
- DESSERT ... Leaves of almost any kind that are large enough. Sprays of Virginian
creeper, or small ivy. Bright berries. Flowers.

SALADS.

[cauliflowers.

BOILED	Boil celery and French beans, cut small, serve in sauce with tiny
SUMMER	Lettuces, mustard and cress, radishes, leeks, sliced cucumber. Sauce.
CUCUMBER	...		Peel, and slice fine, serve with pepper, salt, and vinegar.
RED CABBAGE	...		Slice thin, and leave in vinegar, oil, salt, and cayenne for two days.
POTATO	Slice cold potatoes, and mix with vinegar, oil, minced parsley, &c.
WINTER	Endive, celery shredded, sliced beetroot, eggs, mustard and cress, sauce.

Fish Salad.

Lettuces, mustard and cress, radishes, sliced cucumber, and flakes of fish. Sauce.

Lobster Salad.

Cut lettuces small, salad, beetroot, endive, cucumber, eggs, and meat of lobster. Dressing, oil, vinegar, mustard, yolk of eggs, cayenne, and salt. Garnish, sliced cucumber, lobster, halved eggs, coral and beetroot, alternately.

Chicken Salad.

Cut lettuce, and small pieces of chicken, with salad dressing. Garnish, hard-boiled eggs, sliced, sliced cucumber and beetroot.

Grouse Salad.

Cut up grouse, and place in fresh salad. Sauce, minced shalot, sugar, yolk of eggs, minced parsley, salt, oil, Chili vinegar, cream, chopped tarragon and chervil. Garnish, eggs sliced lengthways, placed upright.

VEGETABLES.

- POTATOES... .. Boil in jackets in cold water and salt. Peel and serve.
- „ Peel, and boil in cold water and salt.
- „ Steam.
- „ Bake in jackets, and serve in a napkin.
- „ Quarter, and bake over meat in a pie dish.
- „ Fried (French fashion). Slice thin, and fry till crisp and brown.
- „ Fried (country fashion). Peel round in ribbons, and fry till crisp.
- „ Boil, mash, mix in egg and butter, drop on a tin in rocks, and brown.
- „ À la Maître d'Hôtel... Boil, and when cool, slice, and stew in sauce, &c.
- „ German way Slice, and stew in butter, broth, vinegar, and laurel leaf.
- „ Mashed ... Boil, and beat to a light paste, add butter, milk, and salt.
- „ Risssoles... Boil, mash, and make into balls, egg and bread crumb, and fry.
- „ Rice Boil, mash, and press through a colander, shaking it lightly.
- „ Snow Boil in skins, dry well, rub through a coarse sieve.
- COLD POTATOES ... Mash, mix with flour, minced onion, butter and milk, Bake in
mould.
- „ „ Fry in slices till brown.

- COLD POTATOES ... Chop fine, and fry till brown.
- „ „ ... Mash, make into balls, egg and bread crumb, and fry, or bake.
- BROCOLI ... Boil, and serve with melted butter.
- „ ... Boil, and serve with white sauce.
- CAULIFLOWER ... Boil, cut up, and serve with grated cheese and bread crumbs.
- BRUSSELS SPROUTS Boil, and serve with melted butter.
- „ „ Fry.
- TURNIP GREENS... Boil and press.
- CABBAGE ... Boil in two waters. Serve on toast dipped in melted butter.
- RED CABBAGE ... Cut in thin slices, stew with ham, butter, stock, vinegar, sugar, &c.
- SPINACH ... Boil, chop fine, stew in butter, and serve with sippets.
- „ ... Boil, chop fine, stew in butter, cream, nutmeg, and sugar. Sippets.
- „ ... Boil, chop fine, stew in butter, flour, gravy, and nutmeg. Sippets.
- SEA KALE ... Boil, and serve with white sauce.
- SCOTCH KALE... Boil.
- ENDIVE... Stew in cream, gravy, and butter.
- „ ... Boil, chop fine, stew in broth, and add butter, &c.
- SORREL... Useful for soups, sauces, and salad.
- INDIAN WHEAT... Boil the ears, and serve on toast, with melted butter.
- ASPARAGUS ... Boil, serve on toast, with melted butter.
- „ ... Stew, with butter, parsley, onion, yolks of eggs, cream, &c.

ASPARAGUS, Pudding... Chop, mix with egg, ham, butter, milk, &c., and boil.

ARTICHOKES ... Boil, and serve on napkin, with white sauce.

„ ... Boil, remove chokes, divide bottoms, and fry in butter.

„ ... Boil with herbs and butter, and serve with melted butter.

„ ... Trim, quarter, and boil with butter, &c., and serve with gravy.

„ ... Slice, boil, dip in white sauce, when cold dip in batter, and fry.

„ Jerusalem Boil, and cover with cream sauce.

„ „ ... Boil and mash.

„ „ ... Cut shape of pear, boil, cover with white sauce. Brussels sprouts [between.

VEGETABLE MARROW... Boil and quarter, serve on toast, with melted butter.

„ „ ... Boil and mash. Serve with toasted sippets.

„ „ ... Boil, quarter, remove seeds, egg and bread crumb, and fry.

„ „ ... Pare, halve, and boil. Serve upright in dish, cover with white sauce.

„ „ ... Pare, scoop out seeds, stuff with mincemeat, &c., and bake.

PUMPKIN ... Stew with rice.

„ ... Bake with Parmesan cheese.

BEETROOT ... Boil, peel, slice, and serve with melted butter.

TURNIPS ... Boil.

„ ... Boil, and mash with a little cream.

„ ... Cut in slice, and stew in butter and broth.

„ ... Peel, cut pear shape, boil, cover in white sauce, and serve upright.

- TOMATOES Slice, cover with bread crumbs, and bake in butter.
,, Bake whole, scoop out centre, and fill with fried bread crumbs, &c.
,, Scoop out, and fill with chopped ham, tomato, herbs, vinegar, &c., and
bake.
,, Boil, skin, scoop out pips, stuff, cover with forcemeat, and fry.
,, Stew in slices, with vinegar added when tender.
,, Stew whole, in brown gravy.
ONIONS Fry in thin slices.
,, Spanish ... Boil in skins, bake, peel, and cover with brown gravy.
,, ,,, ... Peel, and stew in butter or broth.
LEEKS Boil, and serve in white sauce.
,, Chop fine, and use in salad.
CARROTS Boil.
,, Cut in rings, and stew with butter, onion, parsley, nutmeg, stock, &c.
,, Slice, and stew in broth and cream, &c.
,, Slice, boil, stew in stock and sugar till reduced to a glaze. Add butter.
PARSNIPS Boil.
,, Boil and mash.
CUCUMBER Pare, slice thin, sprinkle with pepper and salt. Add oil and vinegar.
,, Pare, slice, pickle, stew in butter, fry. Add the gravy, yolks of eggs,
and boil.

- CUCUMBER ... Pare, slice, and fry till brown.
,, ... Slice lengthways, remove seeds, and stew in gravy.
,, ... Slice with onions, remove seeds, stew with stock, yolks of egg, &c.
BEANS, French Slice lengthways, boil, drain, and serve with melted butter.
,, ... Slice lengthways, boil, dry, add butter, gravy, lemon juice, &c.
,, Broad ... Boil, and serve with parsley and butter.
,, ... Boil, stew with stock, herbs, and sugar. Add cream and yolk of eggs.
,, Golden ... Boil in shells, stew with stock, cream, sugar, &c., and serve in shells.
,, Haricot ... Boil, dry, and add a little butter, &c.
,, ... Boil, drain, and stew in some of the liquor, with butter, parsley, &c.
,, ... Boil, drain, stew with butter, parsley, &c. Add lemon juice.
,, ... Boil, drain, mix with fried onion and gravy.
,, Lentils ... Used for soup.
,, ... Soak over night, boil, strain, pick and serve with a little butter.
PEAS, Green ... Boil with a small sprig of mint.
,, ... Stew with butter, parsley, onion, &c.
,, ... Stew with sliced lettuce, onion, butter, &c. Add egg and sugar.
,, Split ... Used for soup.
MUSHROOMS... Bake with butter, and serve in gravy.
,, ... On toast buttered both sides, cooked under a finger glass.
,, ... Broil, with a little butter and lemon juice.

- MUSHROOMS, à la Bordelais...Baste and broil. Sauce, parsley and butter, onion, garlic, &c.
 „ Stew with butter, lemon, cream, nutmeg, lemon juice, &c.
 „ Stew in brown gravy, nutmeg, &c.
- TRUFFLES, au naturel...Bake in buttered paper. Serve in napkin.
 „ Stew with bacon, carrot, turnip, onion, herbs, spice, stock, champagne.
 „ à l'Italienne. Slice into sauté pan, with butter, herbs, gravy, lemon, &c.
 „ Slice, and bake with oil, parsley, garlic, mace, lemon juice, &c.
- CELERY... .. Boil. Serve in cream sauce, with mace.
 „ Boil. Serve on toast, with melted butter.
 „ Stew in stock, with cream, butter, spice, &c. Serve with sippets.
- SALSIFY Scrape the roots, cut in pieces, boil with butter, lemon, &c. Serve with white sauce.
- HORSERADISH ... Used for sauce and garnishing.
- LETTUCE Stew in brown gravy, flavoured with lemon juice.
 „ Boil, chop fine, and stew in butter. Serve with sippets. [boiled eggs.
 „ Boil, chop fine, stew in butter and cream, &c. Garnish with hard-
- RADISHES Used in salad, or for garnishing.
- WATERCRESSSES... Used to garnish poultry, or for breakfast.
 „ In sandwiches, with hard-boiled eggs, sliced.
- MUSTARD & CRESS For breakfast, salad, or garnishing.
- PARSLEY For seasoning and garnishing, fresh or crisped.

MILK PUDDINGS.

Rice, French.

„ iced.

„ casserole of.

„ milk.

„ baked.

„ mould.

„ miniature.

„ rissoles.

„ soufflé.

„ fritters.

„ ground.

„ with jam, &c.

„ buttered.

Macaroni, boil.

„ bake.

„ with custard.

„ „ sago.

Bread and butter.

„ Wilson.

„ with fruit, &c.

Cornflour, bake or boil.

„ mould and custard.

„ fruit, jam, &c.

Custard, bake or boil.

„ fruit, rice, jam, &c.

Arrowroot.

Tapioca.

Sago.

Semolina.

Maizena.

Manna kroup.

German.

Crumb.

Vermicelli.

BATTER PUDDINGS.

Batter, boiled.

„ baked.

„ orange.

Yorkshire.

Aunt Martha's.

Pancakes, apple.

„ French.

Fritters, apple.

„ bread and butter.

„ currant.

„ Indian.

„ orange

„ peach.

„ pineapple.

„ potato.

DUMPLINGS.

Apple.
Currant.
Flaky.
Raisin.
Treacle.
Yeast.

FOOLS.

Apple.
Gooseberry.
Raspberry.
Rhubarb.
Strawberry.

FRUIT PIES.

*Serve with custard, cream, or
Devonshire junket.*

Apricot.
Apple, with cloves and citron.
" " blackberries.
" " damsons.
" " quince.
" creamed.
Blackberry and apple.
Bilberry and black currant.
Black currant.
Cranberry.
Cherry.
Damson.
Damson and apple.
Greengage.

FRUIT PIES.—Continued.

Gooseberry.
Mulberry.
Peach.
Plum.
Raspberry and red currant.
Raspberry.
Rhubarb.

TURNOVERS.

Fresh fruit of any kind.
Almond.
Lemon.
Marmalade.
Preserve of any kind.
Jelly of any kind.
Treacle.

VARIOUS PUDDINGS.

- APPLE Apples, sugar, lemon-peel, lemon juice. Suet crust.
,, AND BLACKBERRY... Apples, blackberries, sugar, citron. Bake or boil.
,, CHARLOTTE Bread and butter, apples, minced lemon-peel and juice, sugar.
,, CAKE Apples, sugar, lemon, eggs, cream, butter, almonds. Short crust.
ALBERT Butter, flour, sugar, raisins, eggs.
ALMA Butter, powdered sugar, flour, currants, eggs.
ALMOND Bitter almond, sherry, eggs, lemon, butter, cream, sugar.
AMBER Apples, eggs, sugar, lemon, butter. Puff paste.
APRICOT Apricots, crumbs, milk, sugar, eggs, sherry. Bake.
AUNT NELLIES ... Flour, treacle, suet, lemon, candied-peel, cream, eggs.
BLACKBERRY ... Blackberries, sugar. Suet crust.
BILBERRY Bilberries, a few black currants, sugar. Suet crust.
BARBERRY... .. Barberries, sugar. Suet crust.
BLACK CURRANT Currants, sugar. Suet crust.
BARONESS Suet, raisins, flour, milk, salt.
BROWN Flour, suet, eggs, treacle, lemon, carbonate of soda, tartaric acid.
BROWN BREAD ... Brown crumbs, currants, suet, sugar, eggs, brandy, cream.
BAKEWELL ... Puff paste, eggs, sugar, butter, almonds, jam.

- BACHELORS Grated bread, currants, apples, sugar, eggs, lemon, nutmeg.
- CHERRY Cherries, sugar. Suet crust.
- CRANBERRY Cranberries, sugar. Suet crust.
- CARROT Crumbs, suet, raisins, carrot, currants, eggs, milk, nutmegs, sugar.
- COLLEGE Crumbs, suet, currants, candied peel, sugar, nutmeg, brandy.
- CHRISTMAS Currants, raisins, suet, citron, crumbs, flour, spice, eggs, brandy, &c.
- CURRENT Flour, suet, currants, milk.
- CABINET Candied peel, currants, Savoy cake, French roll, eggs, milk, lemon, &c.
- CANARY Eggs, sugar, butter, flour, lemon.
- COLD... .. Eggs, milk, sugar, lemon, raisins, marmalade, sponge cake.
- COMARQUES... .. Egg, flour, sugar, lemon, cream, preserves.
- DAMSON Damsons, moist sugar. Suet or butter crust.
- DELHI Apples, nutmeg, lemon, sugar, currants. Suet crust.
- EXETER Crumbs, sago, suet, sponge cake, lemon, rum, eggs, cream, jam, ratafias.
- EMPRESS Rice, butter, eggs, jam, milk.
- FOLKESTONE ... Milk, rice, butter, sugar, lemon, eggs, currants. Puff paste.
- FIG Figs, suet, flour, crumbs, eggs, milk.
- GOOSEBERRY ... Gooseberries, moist sugar. Suet crust.
- GINGER Flour, suet, moist sugar, grated ginger.
- GINGERBREAD... Gingerbread, flour, treacle, almonds, eggs, milk, sugar.

- GOLDEN Crumbs, suet, marmalade, sugar, eggs.
- HERODOTUS ... Crumbs, figs, suet, sugar, salt, eggs, nutmeg.
- HUNTERS Raisins, currants, suet, crumbs, sugar, eggs, flour, brandy, spice.
- HALF-PAY... .. Suet, currants, raisins, flour, crumbs, treacle, milk.
- ICED Sweet and bitter almonds, sugar, eggs, milk.
- LEMON Grated bread, suet, sugar, yolks of eggs, lemons, flour.
- MILITARY Suet, crumbs, sugar, rind and juice of lemons.
- MANSFIELD ... Crumb of rolls, milk, eggs, brandy, suet, flour, nutmeg, sugar.
- MALVERN Crumbs, stewed fruit. Serve cold, with cream or custard.
- MARLBOROUGH Butter, powdered sugar, eggs, jam. Puff paste.
- MANCHESTER ... Grated bread, milk, eggs, brandy, butter, sugar, jam. Puff paste.
- MULBERRY Mulberries, sugar. Suet crust.
- MARMALADE ... Marmalade, vermicelli, raisins, sugar, eggs, milk.
- MONDAYS Cold plum pudding, brandy, custard.
- NESSELRODE ... Chestnuts, cream, eggs, currants, raisins, maraschino, citron, &c.
- PARADISE Eggs, apples, crumbs, sugar, brandy, lemon, nutmeg, salt.
- PLUM Raisins, currants, crumbs, eggs, suet, citron, nutmeg, almonds, &c.
- QUEEN MAB ... Milk, cherries, almonds, vanilla, lemon, citron, isinglass, cream, eggs, &c.
- QUICKLY MADE Butter, sugar, flour, milk, eggs, lemon rind.
- ROLY POLY... .. Any kind of jam or treacle. Suet crust. Bake or Boil.

ROLY POLY ...	Mincemeat. Bake. Suet crust.
RAISIN... ..	Flour, raisins, suet, salt, nutmeg, milk. Bake.
ROYAL COBURG	Milk, flour, sugar, butter, currants, eggs, brandy, nutmeg.
RASPBERRY... ..	Raspberries and red currants, sugar. Suet crust.
RHUBARB... ..	Rhubarb, moist sugar. Suet crust.
SOMERSETSHIRE ...	Eggs, sugar, butter. Flavour with bitter almonds or lemon.
SHROPSHIRE ...	Suet, crumbs, lemon, nutmeg, sugar, eggs.
SAUCER	Flour, powdered sugar, eggs, milk, preserve.
VICTORIA... ..	Vanilla, cream, milk, sugar, eggs.
VICARAGE	Flour, suet, currants, raisins, ground ginger, sugar, salt.
WEST INDIES ...	Cream, loaf sugar, sponge cakes, eggs, preserved ginger.

JOHNSTON'S CORN FLOUR is rich in heat-giving and flesh-forming properties; milk contains the constituents of bone and muscle, and the two in combination afford the most perfect and complete nourishment, closely resembling in nutritive value ordinary beef and bread, in a form the most palatable and digestible, and therefore especially suited for Children and Mothers whilst nursing.

SWEET DISHES.

- ALMOND PASTE ... Sweet and bitter almonds, sugar, whites of eggs.
,, FLOWERS... Puff paste, almonds, sugar, white of eggs.
APPLE, Ginger ... Apples, lemons, ginger, sugar, whisky.
,, Trifle ... Apples, lemon, sugar, milk, cream, eggs, whipped cream.
,, Soufflé ... Rice, milk, lemon, sugar, eggs, butter, apple marmalade.
,, Snow ... Apples, lemon, sugar, whites of eggs.
,, Hedgehog ... Apples, sugar, water, lemon, sweet almonds, sugar, whites of eggs.
,, Custard ... Apples, sugar, milk, lemon, water, eggs.
,, and Rice ... Rice, milk, lemon, sugar, apples, salt, custard, water.
,, in Red Jelly Apples, cloves, sugar, lemon, water, gelatine, prepared cochineal.
,, à la Portugaise... Apples, water, sugar, apple marmalade, preserved cherries.
,, Buttered ... Apple marmalade, apples, apricot jam, butter, sugar, water.
,, Flanc of... Short crust, apples, lemon, sugar water, citron.
BLANCMANGE ... Milk, isinglass, lemon, sugar, cream, sweet and bitter almonds.
CHEESE CAKES... Almonds or apple pulp, eggs, butter, lemon, sugar.
CASSEROLES OF RICE... Rice, milk, sugar, bitter almonds, butter, yolk of egg.
CHARLOTTE RUSE Savoy biscuits, cream, vanilla, liqueurs, sugar, isinglass.
CHOCOLATE SOUFFLÉ... Eggs, sugar, flour, chocolate.
DARIOLES ... Milk, cream, flour, sugar, eggs, butter, puff paste, vanilla.

- DUTCH FLUMMERY Isinglass, lemon, water, eggs, sherry or Madeira, sugar.
- ELFIN EGGS ... Egg shells filled with blancmange, peeled, and served in jelly.
- FRIED PUFFS ... Puff paste, apricot preserve, hot lard.
- FLUTED ROTES... Puff paste, sifted sugar, jelly or preserve.
- FRITTERS, Peach Milk, butter, flour, eggs, salt, peaches, lard, clarified dripping.
- „ Pineapple ... Pineapple, brandy or liqueur, sugar, flour, eggs, milk.
- GENEVA WAFERS Eggs, butter, flour, sugar.
- HIDDEN MOUNTAIN...Eggs, citron, sugar, cream, jam.
- JUNKET, Devonshire...Milk, essence of rennet, sugar, nutmeg, Devonshire cream.
- JAUNEMANGE ... Isinglass, water, white wine, lemon, sugar, eggs.
- JAM TART, Open... Any kind of jam. Puff paste.
- LEMON SPONGE... Isinglass, water, sugar, lemon, whites of eggs.
- MERINGUES... .. Pounded sugar, whites of eggs.
- MINCE PIES ... Puff paste, mincemeat.
- OMELETTE, Sweet Eggs, butter, sugar.
- „ Raspberry Eggs, butter, raspberry jam.
- ORANGE SALAD ... Oranges, muscatel raisins, brandy, pounded sugar.
- „ Compôte of Oranges, syrup.
- PEARS, à l'Allemande... Water, sugar, butter, yolk of egg, gelatine.
- „ Moulded ... Pears, cloves, sugar, cinnamon, wine, lemon, gelatine, water.
- „ Stewed ... Pears, sugar, cloves, allspice, water, wine, prepared cochineal

PEACHES, Compôte Peaches, syrup.

PETIT BOUCHÉES Sweet almonds, sifted sugar, lemon, white of eggs. Puff paste.

PASTRY SANDWICHES...Puff paste, jam of any kind, sifted sugar, white of eggs.

PUFF PASTE RINGS Puff paste, white of eggs, sifted sugar.

RATAFIES ... Sweet and bitter almonds, sifted sugar, white of eggs.

SNOW RICE ... Rice, milk, sugar, eggs, flavouring.

„ Balls ... Rice, milk, almonds, sugar, custard.

„ Eggs ... Eggs, milk, sugar, vanilla, lemon, oranger-flower water.

SPONGE CAKE PUDDING...Sponge cakes, candied peel, eggs, milk, sugar.

„ „ AND CUSTARD...Sponge cakes, eggs, milk, sugar.

„ Lemon ... Isinglass, water, lemon, pounded sugar, white of eggs.

SWEET VOL AU VENT...Puff paste, fruit, compôte, or strawberries and whipped cream.

SOUFFLÉ, Apple ... Rice, milk, lemon, eggs, butter, sugar, apple marmalade.

„ Chocolate... Eggs, pounded sugar, flour, chocolate.

SYLLABUB ... Sherry, nutmeg, sugar, milk.

„ Whipped... Cream, sherry, brandy, lemon, nutmeg, sugar, whipped cream.

TRIFLE, My... Macaroons, ratafias, Savoy biscuits, jam, custard, eggs, sherry, almonds.

„ Indian ... Milk, lemon, sugar, rice flour, sweet almonds, custard.

„ Gooseberry...Gooseberries, sugar, custard, whipped cream.

„ Apple ... Cream, whipped cream, eggs, apples, lemon, milk, sugar.

TARTLETS, Fruit Fresh fruit, sugar. Puff paste.

TARTLETS, Custard...Eggs, milk, butter, sugar, flour.

„ Polish ... Puff paste, sifted sugar, white of eggs.

„ Lemon ... Grated bread, sugar, eggs, lemon, flour.

TIPSY CAKE ... Savoy cake, sweet wine, brandy, sweet almonds, custard.

VICTORIA SANDWICHES...Eggs, sugar, butter, flour, salt, jam or marmalade.

JELLIES.

APPLE Apple pulp, sugar, lemon-peel.

„ Clear ... Apples, water, sugar, lemon, isinglass.

APRICOT Apricots, sugar, milk, yolk of eggs, isinglass.

CALF'S FOOT ... Calf's feet, stock, sugar, sherry, brandy, eggs, lemon, isinglass.

CLARET Claret, isinglass, sugar, red currant jelly, eggs.

COLOURS, Two... Calf's foot jelly, prepared cochineal.

ISINGLASS Isinglass, water, flavouring.

LIQUEUR... .. Liqueur, water, lemons, sugar, isinglass.

LEMON... .. Lemons, sugar, water, sherry, isinglass.

MOULDED... .. Jelly, with fresh fruit of any kind. Garnish with same.

ORANGE Seville orange, China oranges, lemon, isinglass, sugar, water.

„ Orange jelly, slices of orange, clarified syrup.

OPEN With whipped cream. Jelly, cream, sherry, sugar.

STRAWBERRY ... Strawberries, sugar, isinglass.

CREAMS.

- APRICOT Apricots, sugar, isinglass, milk, yolks of eggs.
CHOCOLATE Chocolate, sugar, cream, yolks of eggs, clarified isinglass.
GINGER... .. Cream, yolks of eggs, preserved ginger, syrup, sugar, isinglass.
ITALIAN Cream, milk, yolks of eggs, isinglass, sugar.
LEMON... .. Cream, lemon, yolks of eggs, sugar, isinglass.
NOYEAU Noyeau, isinglass, cream, lemons, pounded sugar.
ORANGE Oranges, lemon, isinglass, cream, sugar, water.
RASPBERRY Raspberry jelly, cream, milk, isinglass, brandy, sugar.
STRAWBERRIES AND CREAM... Devonshire cream, strawberries, sifted sugar.
STONE Preservo, milk, sugar, tous les mois, essence of cloves, almond flavouring.
SWISS Macaroons, sherry, cream, arrowroot, lemon, milk, sponge cakes.
SOLID Pounded sugar, cream, brandy, lemon.
VANILLA Milk, yolks of eggs, sugar, isinglass, essence of vanilla.
VALOISE, à la Sponge cakes, jam, cream, sugar, lemon, sherry, isinglass.
WHIPPED Cream, pounded sugar, sherry or sweet wine, white of egg, lemon.

CUSTARDS.

Milk, eggs, sugar, flavouring.

ICES.

Water or cream, with various flavourings.

FRUIT FOR COOKING.

Apples.	Peaches.
Apple rings.	Cherries.
Normandy pippins.	Red currants.
Oranges.	Black „
Tangerines.	Bilberries.
Lemons.	Blackberries.
Pears.	Gooseberries.
Plums.	Raspberries.
Greengages.	Strawberries.
Damsons.	Cranberries.
Quinces.	Mulberries.
Figs.	Raisins.
Prunes.	Sultanas.
Medlars.	Currants, dried.
Rhubarb.	Citron.
Grapes.	Lemon peel.
Apricots.	Orange „

FRUIT FOR DESSERT.

Pineapple.	White currants.
Apples.	Red „
Oranges.	Gooseberries.
Tangerines.	Raspberries.
Pears.	Strawberries.
Melon.	Mulberries.
Grapes.	Medlars.
Bananas.	Prunes.
Figs, green	Dates.
„ dried.	Olives.
Plums.	Raisins and almonds
Greengages.	Candied fruits.
Damsons.	Preserves crystallised
Apricots.	Preserved ginger.
Nectarines.	Walnuts.
Peaches.	Filberts.
Cherries.	Brazil nuts.

COLD SUPPER.

FISH, in Aspic jelly.

„ Collared. See p. 24.

„ Cold.

„ Potted. See p. 25.

„ Pickled. See p. 25.

LOBSTER, in Aspic jelly.

CRAB.

OYSTERS.

PRAWNS. Serve on napkin pyramid.

SHRIMPS.

EGGS, Hard boiled, and watercresses.

„ Stuffed with forcemeat.

POULTRY. Watercress. See pp. 42 to 45.

GAME. See pp. 40, 41.

JOINTS of meat and salad.

SMALL ROLLS of stewed Rump Steak.

HAM, Boiled.

TONGUE, Ox.

TONGUE, Reindeer's.

„ Sheep's.

„ Pig's.

PIG'S FACE.

„ TROTTERS.

SAUSAGES.

SAUSAGE DUMPLINGS. Baked.

POLONIES.

PIE, Game.

„ Chicken.

„ Pigeon.

„ Rook.

„ Rabbit.

„ Veal and Ham.

„ Beef.

„ Pork.

„ Partridge.

„ Grouse.

MOULD, Game.

- „ Chicken.
- „ Calf's head.
- „ Rabbit.
- „ Veal and Ham.
- „ Beef.

POTTED, Ham.

- „ Tongue.
- „ Chicken.
- „ Hare.
- „ Partridge.

CALF'S HEAD, Stuffed and rolled.

VEAL CAKE.

ASPIC JELLY. See p. 13.

BRAWN. See p. 13.

BEEF, Collard.

- „ Hung.
- „ Hunter's.
- „ Spiced.

PORK CHEESE. Baked with herbs and spice. See p. 13.

CHEESE, Stilton, Cream, &c.

CHEESE STRAWS.

CROQUETTES. See p. 78.

ITALIAN PUFFS. See p. 11.

SANDWICHES, Ham, or Tongue.

- „ Any cold meat.
- „ Poultry or Game.
- „ Sausage.
- „ Potted meat.
- „ Anchovy or Bloater paste.
- „ Hard-boiled eggs & watercress.

CELERY.

TOMATOES.

CUCUMBER.

LETTUCE.

SALAD, Green. See p. 53.

- „ Chicken or Grouse.
- „ Fish or Lobster.

MILK PUDDINGS. See p. 60.

STEWED FRUIT. See p. 71.

FRUIT PIES. See p. 61. [to 69.

PASTRY, SWEET DISHES, &c. See pp. 66.

JELLIES, CREAMS, ICES, &c. See pp. 69, 70.

HOT SUPPER.

FISH, pp. 18 to 25, Boil. Broil. Bake. Fry. Scallop. Curry. Patties. Crimp. Roll.

„ PIE Mince, cover with crumbs or mashed potato, and brown.

„ CAKES ... Mince, mix with mashed potato, egg and bread crumb, and fry.

LOBSTER, Patties Mince, and bake in patty-pans.

„ Cutlets ... Stew, pound with mace, lemon, &c., egg and bread crumb, and fry.

„ Curry ... Stew with onion, lemon juice, and curry powder, &c., and serve in rice.

„ Broiled ... Split, lay open, pour in melted butter, and broil in shell.

CRAB... .. Pick out meat, mix with butter, vinegar, crumbs, &c., and brown in shell.

„ Omelette ... Pick, mince, mix with herbs, egg, milk, &c., add whites of eggs, and fry.

SHRIMPS, Buttered Pick, stew in cream sauce, and serve with sippets.

OYSTERS, Roasted Fry small pieces of bread and bacon, cover with anchovy, cayenne, and oyster.

„ Devilled ... Open, insert butter, lemon juice, &c., broil, and serve with bread and butter.

„ Fritters ... Dip each oyster into batter, then toss it into hot fat, and fry.

„ Patties ... Cut in three, mix with cream, lemon, &c., and bake in patty-pans.

„ Scaloped Simmer in white sauce, serve in shells, with layers of bread crumbs.

- EGGS Fry with rashers of ham or bacon. Mashed potato.
- „ Golden ... Boil hard, shell, flour, egg and crumb, fry, and serve in white sauce.
- „ Buttered ... Beat well, mix with melted butter, serve on hot buttered toast.
- „ Kromeskies Boil, shell, roll in bacon, cover with crumbs, herbs, &c., skewer and bake.
- „ Mumbled ... Break into pan, with butter, when solidified, serve on toast.
- „ Poached... Slip into boiling water, leave till whites set, then serve on toast.
- „ à la Tripe ... Boil, shred whites round yolks, and cover with white sauce.
- „ Scotch ... Boil, peel, cover with forcemeat, fry, and serve in gravy.
- „ Curried ... Boil hard, slice, and warm in gravy and curry powder.
- „ Boil, slice, and stew with mushrooms, &c.
- „ Boil hard, and serve in sauce, with herbs and wine.
- OMELETTE, Ham Mince, fry, stir into batter, fry in butter, stirring one way till set, fold over and brown.
- „ Kidney ... Skin, fry in dice, stir into batter, fry in hot butter till set, fold over, and brown.
- „ au Thon... With roes of carp, fresh tunny, shalot, butter and herbs, &c.
- „ Savoury ... Mushrooms, parsley, herbs, &c., mix in batter, and fry in hot butter.
- KIDNEYS Cut in dice, and stew with mushrooms and butter. Serve with sippets.
- „ Sautés ... Skin, slice, fry in bacon fat, and serve on rashers, with gravy.
- „ Toasted ... Skin, split open, and toast over ham rashers fried.

- KIDNEYS ... Skin, but not cut, dip in boiling fat, and broil on gridiron.
- TROTTERS, Pig's Stew in egg and milk, with carrot, onion, herbs, &c.
- " " ... Stew with minced liver, heart, bacon, herbs, &c.
- CALF'S FEET ... Stew with bacon, onion, herbs, spice, &c. Serve in parsley and butter.
- " HEAD, Fricassee...Stew with herbs, &c. Garnish with forcemeat balls and bacon.
- TÊTE DE VEAU, en Tortue...Stew in stock and wine. Garnish, crayfish and croûtons.
- BRAINS, Sheep's, en Matelote...Stew with bacon, onions, spice, &c.
- BRAIN FRITTERS, Ox...Boil in stock, when cold, slice, dip in batter, and fry. Garnish, fried parsley.
- PALATES, Ox... Stew in square pieces, and serve in gravy.
- TONGUES, Sheep's Boil, when cold, halve, egg and bread crumb, fry, and serve with mushrooms.
- " " ... Boil, skin, split, dip in melted butter and bread crumbs, and fry.
- LIVER, Calf's ... Lard, pickle, roast, glaze, and serve with sauce piquante.
- " " ... Place small pieces of liver and bacon alternately on a silver skewer, butter and roast.
- FRY, Lamb's ... Cook the heart, melt brains, frill and kidneys, separately, and serve together.
- TRIPE ... Boil in milk and water, and smother in onion sauce.
- " ... Cut in pieces and fry in batter, or stew in gravy, with mushrooms.
- TAIL, Ox ... Stew, egg and bread crumb, and broil.

CHOPS, Mutton, Broiled...For gravy, boil mushroom sauce mixed with water, butter, and flour.

„ Stewed ... With kidneys, and turnip cut in small slice.

„ Haricot ... Fried with sliced carrot till brown, then gently stewed.

„ Put between two plates, and cooked for several hours in a slow oven.

„ Pork, Fried... Sliced onions. Serve with mashed potato. Tomato sauce.

CUTLETS, Mutton Egg and bread crumb, and fry. Serve with tomatoes, or green peas.

„ „ ... Broil, and serve with mashed potato.

„ „ Italian...Fried in bread crumbs and herbs, &c. Serve with green peas.

„ Lamb ... Egg and bread crumb, fry, and serve round spinach. [balls.

„ Veal Egg and bread crumb, fry, serve with broiled bacon and forcemeat

„ „ Broil with herbs. Serve with melted butter and gravy.

„ Curried ... Fry, and stew with fried onion, garlic &c., in milk. Add cloves, &c.

RUMP STEAK ... Fry in butter, then stew in vegetables, &c., sliced, and cut in dice.

„ Stew in small rolls, with small piece of fat in centre.

„ Broiled ... Oyster sauce. Garnish with horseradish. Potato rice.

„ Olives ... Stuff, roll, and stew with bacon, &c.

BONES Highly season, and broil.

„ Devilled... Cover with mustard, pepper, &c., and boil.

HAM, Rashers ... Broil, and serve with green peas,

„ „ ... Broil, and serve with toasted kidneys, and mashed potato.

- BACON, Rashers ... Fry, and serve with broiled kidneys and mashed potato.
- PIE, Game ... Partridge, with veal cutlet, ham, mushrooms, parsley, &c.
- „ Pigeon ... With small rolls of steak, ham, and yolks of eggs, &c.
- „ Chicken ... With ham, eggs cut in rings, and foremeat.
- „ Potato ... Mincee beef or mutton, with mashed potato instead of crust. Bake.
- „ Rabbit ... With ham, foremeat balls, eggs, spice, &c.
- „ Roman ... Sprinkle mould with vermicelli, line with crust, mince, cheese, macaroni, &c. Bake.
- SWEETBREAD, Calf's...Egg, crumb, and bake. Serve on toast with gravy.
- „ Fry à la Maître d'Hôtel. Garnish with cut lemon.
- „ Stew with cream, lemon juice, spice, &c.
- „ Lamb's ... Stew, egg and bread crumb, and brown. Garnish with watercresses.
- „ „ Lard, stew, and serve with asparagus tops.
- BIRDS Of any kind, roast, boiled, broiled, stewed, hashed, &c. See pp. 40 to 45.
- HARE, Jugged... Cut up, stew with wine, spices, herbs, onion, lemon, &c.
- „ Broiled legs and shoulders.
- RISsoles Of cold chicken, game, poultry, beef, or mutton.
- DORMERS Mincee, add suet and rice, roll into sausages, egg and bread crumb, and fry.
- CROQUETTES... .. Mincee veal, place in thin crust, sprinkle with vermicelli, and fry.

- CROQUETTES ... Mince veal or fowl, mix with white sauce, egg and crumb, and fry.
- ROLLS Slice veal and bacon, roll, cover with forcemeat, egg and bread crumb, and fry.
- SAUSAGES Fry, and serve round mashed potato.
- „ Make into dumplings, and boil.
- „ Boil, and serve on toast, with crisped parsley.
- SAUSAGE, Cakes Fry, and serve on mashed potato.
- MINCED, Veal ... Serve with sippets, green peas, tiny cauliflowers, or macaroni.
- „ „ ... Serve with sausages, curled bacon, and cut lemon.
- „ Beef Serve with sippets, potato rice, fried carrots sliced, or Brussels sprouts.
- „ Mutton ... Serve with sippets, green peas, tomatoes, tiny cauliflowers, or rice.
- COLLOPS Mince fine, fry with covered pan, to keep the steam in, serve with onion.
- CURRY Of any kind of fish, poultry, game, or meat.
- VOL AU VENT ... Mince, fricasse or ragout, baked in crust.
- MARROW TOAST Boil marrow bone, take out marrow, season, and serve on toast.
- SCOTCH WOODCOCK Spread anchovies on hot buttered toast, and cover with sauce.
- MACARONI CHEESE Mix grated cheese with macaroni, butter, seasoning. Sprinkle over top, and bake.
- WELSH RARE-BIT Toast cheese and spread on hot buttered toast, with mustard, pepper, and salt.

HOT SUPPER, VEGETABLES.

- POTATOES Boil, mash, mix with butter and egg, drop on a tin, in rocks, and brown.
,, Bake in jackets, and serve in napkin.
,, à la Maître d'Hôtel... Boil, and when cool, slice, and stew in sauce.
,, German way Slice, stew in butter, broth, vinegar, and laurel leaf.
- CAULIFLOWER ... Boil, cut up, and serve with grated cheese, bread crumbs, and white sauce.
- RED CABBAGE... Cut in thin slices, stew with ham, butter, stock, vinegar, sugar, &c.
- SPINACH Boil, chop fine, stew in butter, flour, gravy, and nutmeg. Sippets.
,, Boil, chop fine, stew in butter, cream, nutmeg, and sugar. Sippets.
,, Boil, chop fine, and serve with hard-boiled eggs, halved, and placed round.
- SEA KALE... .. Boil, and serve with white sauce.
- ENDIVE Stew in cream, gravy, and butter.
- INDIAN WHEAT Boil the ears, and serve on toast, with melted butter.
- ASPARAGUS Stew with butter, parsley, onion, yolks of eggs, cream, &c.
,, PUDDING... Chop, mix with egg, ham, butter milk, &c., and boil.
- ARTICHOKES... .. Boil, remove the chokes, dip in batter, and fry. Melted butter, crisped parsley.
,, Jerusalem Peel, shape like pears, boil, serve upright, in white sauce.

VEGETABLE MARROW... Stuff with minced beef, mutton, or veal, and bake.

„ Boil, quarter, remove seeds, egg and bread crumb, and fry.

„ Boil, quarter, remove seeds, and serve on toast, with melted butter.

PUMPKIN Bake, with Parmesan cheese.

TOMATOES, Scalloped... Boil, skin, remove seeds, cover with bread crumbs. Bake.

„ Boil, skin, remove seeds, stuff, cover with forcemeat, and fry.

„ Stew whole, in brown gravy.

SPANISH ONIONS Boil in skins, bake, peel, and cover with brown gravy.

CARROTS Cut in rings, and stew in butter, stock, with onion, parsley, nutmeg, &c.

CUCUMBER Slice lengthways, remove seeds, and stew in gravy.

FRENCH BEANS ... Slice lengthways, boil, dry, add butter, gravy, lemon juice, &c.

GOLDEN „ ... Boil in shells, stew with stock, cream, sugar, &c., and serve in shells.

GREEN PEAS ... Boil, with a small sprig of mint.

MUSHROOMS ... Cook under a finger glass, and serve on toast buttered both sides.

„ Stew with butter, lemon, cream, nutmeg, lemon juice, &c.

TRUFFLES, au naturel... Bake in buttered paper, and serve in a napkin.

„ Stew with bacon, carrot, turnip, onion, herbs, spice, stock, champagne
&c.

CELERY Stew in stock, with cream, butter, spice, &c., and serve with sippets.

ON BEHALF OF INVALIDS.

An invalid in a house always makes extra work, especially where a regular nurse cannot be afforded, so that the sooner they get well, the better for everyone; and, as that depends, in many cases, upon the patient being able to take proper nourishment, those who wait upon them must not think what they can leave undone to save themselves trouble, but rather, what they can do to make the food enticing; for, when ill, people frequently lose their appetite and become fastidious, so that everything must be made as tempting as possible, if you would have them get well soon.

In a long illness, a bed table is a great comfort (price, 10s. 6d.), for placing the tray upon, which tray should be large enough to hold all that is requisite, without being crowded, and must have a perfectly clean cloth upon it. The china and glass should be the best you have, as food is more tempting out of pretty things, and a feeding-cup is often convenient.

If the patient be a woman, and sufficiently convalescent, she will enjoy her breakfast much more helping herself out of a little tea-pot, than if simply sent to her in a cup. But if that is considered too much trouble, care should be taken not to spill the tea in the saucer, or if spilt, to pour it away before handing it to the patient, for if every time she lifts the cup to her lips, drops are spilt, it soils the linen, and greatly adds to her discomfort.

When the patient is well enough to think about food, and no special diet is ordered, do not ask her what she would like, unless you are prepared at once to get whatever she fancies. But rather tell her what you have or can easily get, and give her the choice.

When only simple things, such as arrowroot or tea can be taken, and you know the patient's taste, do not trouble her with questions, but take it on the chance, for it is of no consequence if it is refused, while only those who have been ill, can tell how long the time seems between being asked what you will have, and getting it, and in some cases it is quite impossible to say if you would like anything "presently" (a most vague expression!), while, if brought as a matter of course, it will most probably be taken.

Tea should always be fresh made, as it soon acquires a rank taste, most unpleasant, as well as unwholesome. When liquids are given, it should be ascertained how hot they are liked, and not brought into the room until they are sufficiently cool, for if the patient exerts herself to sit up, and then finds the beef-tea, &c., too hot, it is giving her double, and unnecessary, trouble, and before she rouses herself to try again, it may be too cool, or the smell may have turned her against it. But fish, meat, and vegetables, &c., should always be as hot as possible, to ensure which, a small dish-cover is necessary, and a hot-water plate very desirable.

Beef tea or broth should first be allowed to get quite cold that all the fat may be removed, and should never be served with the smallest particle of grease on the surface. If, when it is made hot again, there should be any left, it can easily be removed with a piece of clean blotting-paper.

If a regular dinner can be taken, everything should be served as nicely as the patient would have it if downstairs. The fish or meat in small, delicate pieces, the vegetables in a separate dish to prevent their soaking up all the gravy, and the pudding not brought in until the other things have been removed.

Always have something in readiness, a little beef-tea or jelly, &c., that it may be given as soon almost as the invalid wishes for it. If obliged to wait long the patient loses the desire to eat, and often turns against the food when brought. But never make a large quantity of anything, as variety is very desirable, and do not keep any food in the patient's room, unless it be a few grapes or other fruit, or a very little jelly, for it will not be fancied if it remain there long.

It is a good thing to have a plant in the room always, but cut flowers, which make it bright and cheerful in the daytime, should be removed at night.

A fire is a great purifier and comfort when the weather permits, but in cases where quiet is essential, it often becomes an annoyance from the noisy way in which strong, healthy people delight to rattle the fire-irons, and throw on the coal. So, to avoid temptation, it is better to remove the shovel and tongs, and substitute a large old glove, which can easily be slipped on, in order to place the coal quietly on the fire without fear of dropping it.

Never administer medicine in old cracked glasses, and be careful to thoroughly wash and wipe the glass immediately it has been used, or take it out of the room. Medicine is quite unpleasant enough to take, without being rendered more unpalatable by the way in which it is served.

In the case of children it is much wiser not to let them know it is medicine, which can generally be managed by not keeping it in sight, but bringing it to them in the mug or cup they are accustomed to drink out of, mixed with some harmless sweet-stuff they will like, and, in case of anything very nauseous, giving them a peppermint or other strong taste just before they are to take it. Of course powders are easily disguised in jam, if only a little trouble is taken to give them the scrapings of a pot, and not bring it all compact in a spoon by itself, for children are very quick to notice any difference, and either that or something out of a wineglass, which they are not accustomed to, rouses their curiosity at once, and makes them ask inconvenient questions, which often result in howls.

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Per Stone } 3/8		4/	4/4	4/8	5/	5/4	5/8	6/	6/4	6/8	7/	7/4	7/8									
Per Pound } 5½d		6d.	6½d.	7d.	7½d.	8d.	8½d.	9d.	9½d.	10d.	10½d.	11d.	11½d.									
lb.	s.	d.	s.	d.	s.	d.	s.	d.	s.	d.	£	s.	d.	£	s.	d.	£	s.	d.	£	s.	d.
¼	0	1½	0	1½	0	1½	0	2	0	2½	0	0	2½	0	0	2½	0	0	2½	0	0	3
½	0	2¾	0	3¼	0	3½	0	3¾	0	4	0	4½	0	4½	0	0	5	0	5½	0	0	5¾
¾	0	4¼	0	4½	0	5	0	5¼	0	6	0	6¼	0	7	0	0	7	0	8¼	0	0	8¾
2	0	11	1	0	1	1	1	2	1	3	1	4	1	5	1	6	0	1	7	0	1	11
3	1	4½	1	6	1	7½	1	9	1	10½	2	0	2	1½	2	3	0	2	4½	0	2	60
4	1	10	2	0	2	2	2	4	2	6	2	8	2	10	3	0	0	3	2	0	3	40
5	2	3½	2	6	2	8½	2	11	3	1½	3	4	3	6½	3	9	0	3	11½	0	4	20
6	2	9	3	0	3	3	3	6	3	9	4	0	4	3	4	6	0	4	9	0	5	00
7	3	2½	3	6	3	9½	4	1	4	4½	4	8	4	11½	5	3	0	5	6½	0	5	100
8	3	8	4	0	4	4	4	8	5	0	5	4	5	8	6	0	0	6	4	0	6	80
9	4	1½	4	6	4	10½	5	3	5	7½	6	0	6	4½	6	9	0	7	1½	0	7	60
10	4	7	5	0	5	5	5	10	6	3	6	8	7	1	7	6	0	7	11	0	8	40
11	5	0½	5	6	5	11½	6	5	6	10½	7	4	7	9½	8	3	0	8	8½	0	8	20
12	5	6	6	0	6	6	7	0	7	6	8	0	8	6	9	0	0	9	6	0	10	00
13	5	11½	6	6	7	0½	7	7	8	1½	8	8	9	2½	9	9	0	10	3½	0	10	100
14	6	5	7	0	7	7	8	2	8	9	9	4	9	11	10	6	0	11	1	0	11	80
15	6	10½	7	6	8	1½	8	9	9	4½	10	0	10	7½	11	3	0	11	10½	0	12	60
20	9	2	10	0	10	10	11	8	12	6	13	8	14	2	15	0	0	15	10	0	16	80
25	11	5½	12	6	13	6½	14	7	15	7½	16	8	17	8½	18	9	0	19	9½	1	0	10
30	13	9	15	0	16	3	17	6	18	9	20	0	21	3	22	6	1	3	9	1	5	0
35	16	0½	17	6	18	11½	20	5	21	10½	23	4	24	9½	26	3	1	7	8½	1	9	2
40	18	4	20	0	21	8	23	4	25	0	26	8	28	4	30	0	1	11	8	1	13	4

WAGES TABLE.

Per Year.	Per Quarter.			Per Month.			Per Week.			Per Day.		
£	£	s.	d.	£	s.	d.	£	s.	d.	£	s.	d.
10	2	10	0	0	16	8	0	3	10	0	0	6½
11	2	15	0	0	18	4	0	4	2¾	0	0	7½
12	3	0	0	1	0	0	0	4	7¼	0	0	8
13	3	5	0	1	1	8	0	4	11¾	0	0	8½
14	3	10	0	1	3	4	0	5	4¾	0	0	9¼
15	3	15	0	1	5	0	0	5	9	0	0	9¾
16	4	0	0	1	6	8	0	6	1½	0	0	10½
17	4	5	0	1	8	4	0	6	6¼	0	0	11¼
18	4	10	0	1	10	0	0	6	10¾	0	0	11¾
19	4	15	0	1	11	8	0	7	3½	0	1	0½
20	5	0	0	1	13	4	0	7	8	0	1	1¼
21	5	5	0	1	15	0	0	8	0½	0	1	2
22	5	10	0	1	16	8	0	8	5¼	0	1	2½
23	5	15	0	1	18	4	0	8	9¾	0	1	3¼
24	6	0	0	2	0	0	0	9	2½	0	1	4
25	6	5	0	2	1	8	0	9	7	0	1	4½
26	6	10	0	2	3	4	0	9	11½	0	1	5¼
27	6	15	0	2	5	0	0	10	4¼	0	1	5¾
28	7	0	0	2	6	8	0	10	8¾	0	1	6½
29	7	5	0	2	8	0	0	11	1½	0	1	7¼
30	7	10	0	2	10	0	0	11	6	0	1	7¾

PENCE TABLE, OR DIVISION BY TWELVE.

d.	s.	d.	d.	s.	d.	d.	s.	d.	d.	£	s.	d.
12=	1	0	38=	3	2	64=	5	4	90=	0	7	6
13	1	1	39	3	3	65	5	5	91	0	7	7
14	1	2	40	3	4	66	5	6	92	0	7	8
15	1	3	41	3	5	67	5	7	93	0	7	9
16	1	4	42	3	6	68	5	8	94	0	7	10
17	1	5	43	3	7	69	5	9	95	0	7	11
18	1	6	44	3	8	70	5	10	96	0	8	0
19	1	7	45	3	9	71	5	11	100	0	8	4
20	1	8	46	3	10	72	6	0	108	0	9	0
21	1	9	47	3	11	73	6	1	120	0	10	0
22	1	10	48	4	0	74	6	2	130	0	10	10
23	1	11	49	4	1	75	6	3	140	0	11	8
24	2	0	50	4	2	76	6	4	150	0	12	6
25	2	1	51	4	3	77	6	5	160	0	13	4
26	2	2	52	4	4	78	6	6	170	0	14	2
27	2	3	53	4	5	79	6	7	180	0	15	0
28	2	4	54	4	6	80	6	8	190	0	15	10
29	2	5	55	4	7	81	6	9	200	0	16	8
30	2	6	56	4	8	82	6	10	210	0	17	6
31	2	7	57	4	9	83	6	11	220	0	18	4
32	2	8	58	4	10	84	7	0	230	0	19	2
33	2	9	59	4	11	85	7	1	240	1	0	0
34	2	10	60	5	0	86	7	2	360	1	10	0
35	2	11	61	5	1	87	7	3	480	2	0	0
36	3	0	62	5	2	88	7	4	600	2	10	0
37	3	1	63	5	3	89	7	5	1200	5	0	0

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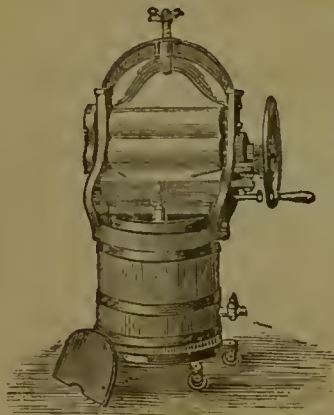
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